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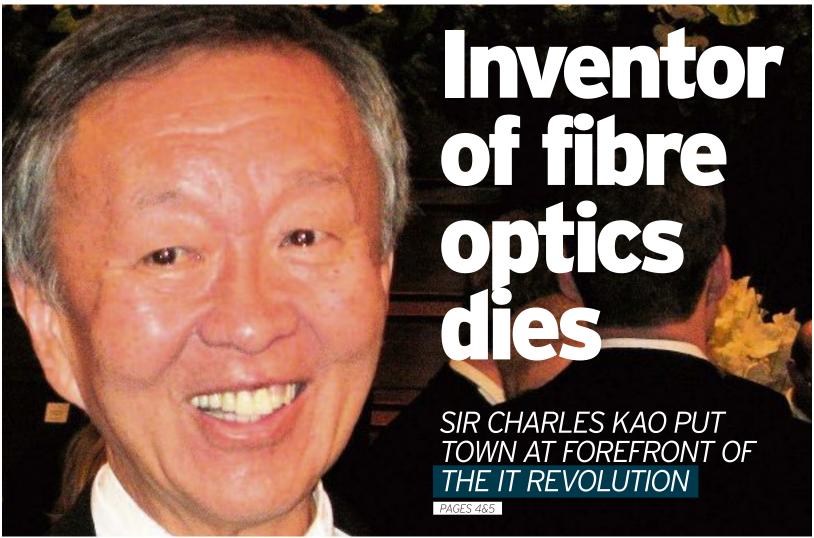
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Inside this week



PICK UP POINTS

- Harvey Centre, Harlow (management suite)
- Mulberry Green Estate, Station Road, Old Harlow
- ■Genesis, 3 High Street, Old Harlow
- ■Kings, Unit 4, Church Langley Way, Harlow
- Kings, 19 East Gate, Harlow
- Geoffrey Matthews, 47 High Street, Old Harlow
- ■Guardian, Post Office Walk, Harlow
- Haart, 4 West Gate, Harlow
- Future Let, 52 Market Street, Old Harlow
- Reyland Johnson, 1 Acorn Mews, Harlow
- Howick & Brooker, 1 High Street, Old Harlow
- Belvoir, 40 High Street, Old Harlow

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CONTACTS



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They met at Craiglockhart Hospital in 1917, and bonded over a mutual hatred of war and love of poetry.

This production won a Best Actor accolade at the Wales Theatre Awards for Daniel Llewelyn Williams, who reprises his role here as Sassoon alongside Owain Gwynn as Owen.

The show is on the first part of a world tour commemorating the centenary of both the meeting depicted in the play, and of the Armistice and presented by acclaimed Welsh company Flying Bridge and Olivier Award winning producers Seabright Productions.

Tickets £17.50. For more details visit: www. rhodesartscomplex.co.uk

ABOVE AND BEYOND

BEYOND THE BARRICADE Harlow Playhouse, Playhouse Square, Harlow, Wednesday, October 4. 7.30nm

■ Beyond the Barricade has delighted audiences throughout the UK and mainland Europe for more than a decade, with its exciting concert portrayal of the greatest songs in musical theatre, all performed live. Recreating original West End/Broadway musical hit songs with amazing authenticity. this cast of past principal performers from Les Miserables, present a blockbusting two hour show, and is now established as the nation's favourite musical theatre concert. Starring Andy Reiss, David Fawcett, Katie Leeming and Rebecca Vere, together with their own ensemble of talented musicians,

Beyond the Barricade features songs from The Phantom of the Opera, Jesus Christ Superstar, The Jersey Boys, The Lion King, Blood Brothers, Miss Saigon and many others, climaxing with a spectacular finale from, of course, Les Miserables. Tickets £20.50. For more details visit: www. harlowplayhouse.co.uk

CLASSICAL MASTERS

HEATH QUARTET Saffron Hall, Audley End Road, Saffron Walden, Monday, October 7, 3pm

■ The Quartet have quickly built an international reputation and this concert will find them doing what they do best: taking the music of the classical masters and striking sparks off it. Free tea, coffee, sherry and squash will be served after the concert, which is due to finish at approximately 4pm. Tickets £10. For more details visit: www. saffronhall.com

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Foakes Hall, 47 Stortford Road, Dunmow, Satur day, October 6, 10am to 4pm

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you get involved on the day is entirely up to vou. Free Entry. For more details visit: www.wherecanwego.com/item/e1275639/

GET READY TO ROCK

hatfield-forest-creative

THE RANDY DOORHOLES The Herald, Broadley Road, Sumners, Harlow, Friday, October, 5, 9pm

■ Exciting top quality covers band playing classic rock covers. Songs by Led Zeppelin, Hendrix, Faces,

Beatles, Stones, Black Sabbath, Fleetwood Mac, Ten Years After and more played to a very high standard. Free entry.

For more details visit: www.lemonrock.com



Burst water main closes school for a day

A BURST water main in Harlow left burst main. homes without water and forced at least one school closure.

The burst main in Partridge Road caused problems for addresses in the CM18 and CM19 areas of Harlow on Wednesday, September 26.

Kingsmoor Academy confirmed Twitter that the school would stay closed as a result of the

A spokesman for the school wrote: Kingsmoor is closed today because of a burst water main.

"We will let you know any updates.

Technicians from Affinity Water were sent to the scene to dig up the area and expose the damage.

problem and begin repair work followed by tests to ensure the flow of water was back to normal.

Affinity Water asked affected locals not to use any electrical appliances that required a water supply such as washing machines and dish-

This allowed them to access the affected areas to conserve water mal at around 3pm.

from storage tanks while the water supply was interrupted.

Anyone still with a water supply was advised to store some drinking water just in case the supply needed to be turned off later in the day for repair work.

The burst main and residual This was to allow residents in standing water was restored to nor-

News

IN BRIEF

Teen injured after shots at caravan site



ARMED police' swarmed a Harlow caravan site after a shot was fired at a van, leaving one man injured.

Officers were called to the Elizabeth Way Caravan Site at around 8.15pm on Saturday, September 29.

Witnesses reported seeing armed officers in attendance.

One victim received medical treatment at the scene for minor

A 19-year-old man from Harlow was arrested on suspicion of attempted murder, possession of firearms offences and criminal damage to a vehicle.

He has been released on police bail until October 23.

A spokesperson for Essex Police said: "We attended an incident at the Elizabeth Way Caravan Site at around 8.15pm on September 29.

Officers attended following reports that a van had been shot at and a man had been injured.

"The victim received medical treatment at the scene for minor injuries.

"A 19-year-old man from Harlow arrested on suspicion of attempted murder, possession of firearms offences and criminal damage to a vehicle, has been released on police bail to October

"Enquiries continue."

Man posing as gardener stole money from OAP

By CHARLOTTE PAGE

charlotte.page@reachplc.com @journopage

A BOGUS gardener stole a three-figure sum of money from a man in his 80s living at a complex for retired

The incident happened on September 4 when a man, claiming to be a newly-appointed gardener, gained entry to a Harlow residential between noon complex 2.30pm.

He claimed that he needed to be paid and stole the contents of the

a three-figure sum of cash.

Police have since released an efit of the suspected offender, pictured right, in the hope that the public may be able to help with their investigations into the theft.

A spokesman from Essex Police said: "We are appealing for help to identify a man from an efit image who we want to speak to in connection with the theft of money from an elderly man in Har-

"It happened on September 4 0800 555 111."

elderly man's wallet - believed to be between midday and 2.30pm when a man claiming to be a newlyappointed gardener residential complex for retired people gained entry to the home of a man aged in his 80s.

Once inside he stole the contents of the man's wallet, believed to be a three-figure sum, after claiming he needed to be paid.

"Anyone who recognises the man in the efit should contact PC Jamie Dawson of Harlow CID on 101 or call Crimestoppers anonymously



Police released this efit of the man

Welcome to your new look Harlow Star

YOUR Harlow Star has been part and parcel of life in our community for the last 38

We are as proud of our area as you are and it is a privilege to be able to tell you the stories that matter, every single week.

Thanks to you, we have a proud history of local news and significant campaigns.

You'll notice that your Star

has undergone a facelift for the first time in several

We like to keep the newspaper fresh and feel that this is a good time to revitalise it with a new sleek, modern desian.

We are also increasing the number of popular hyper-local pages featuring politics, education and charity news.

And there will continue to be

a plethora of content in print that is unique to the Harlow Star and cannot be found online at EssexLive, the countywide website we launched in summer 2016 and has become increasingly popular.

In July more than 190,000 of you logged on every day, that's 37 per cent more than this time last year. It's a website that is growing in size very fast.

But equally we know how

many of you love the brilliant EssexLive stories repackaged excellently into newspaper form in the Harlow Star.

In print and online, we will continue to cover each and every one of the town's biggest and most talked about issues, and remain a vital part of the community.

We hope you enjoy your new

Alan Woods, Editor

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News

Tributes to scientist who invented fibre optic technology

NOBEL PRIZE WINNER WHO PUT TOWN AT FOREFRONT OF INDUSTRY

By CHARLOTTE PAGE

charlotte.page@reachplc.con @journopage

TRIBUTES have been paid to Sir Charles Kao who has passed away

Alongside colleague George Hockman. Sir Charles made Harlow the birthplace of optic fibre - revolutionising the way we communicate and paving the way for the likes of broadband internet.

Sir Charles invented the technology behind the fibre optic cable in 1966 at Standard Telecommunication Laboratories, also known as STL, after the site relocated from Enfield to Harlow.

His work has been widely recognised ever since, earning him a Nobel Prize for physics in 2009, among many other awards including the Alexander Graham Bell Medal in 1985 and the Faraday Medal in 1989.

He was also knighted in the Queen's birthday honours in 2010 and awarded an honorary doctorate for science by UCL.

Sir Charles founded the Charles K Kao Foundation for Alzheimer's Disease in 2010, having been diagnosed eight years prior with the condition himself in 2002.

He and his wife campaigned for people to have a better understanding of Alzheimer's.

In a tribute to Sir Charles, UCL president and provost Professor Michael Arthur said: "Sir Charles Kao was a giant of science, a great man and his place in history as the father of modern communications is

Standard Telephone Laboratories in London Road, Harlow in 1960



assured; few people are able to make such an impression on the world as

"He was also a true friend to UCL and in November 2016 we were delighted and honoured that Sir Charles and his wife Gwen could join us in Hong Kong at the launch of our It's All Academic Campaign, which has dementia research as a major priority.

"Despite Sir Charles' illness it was inspiring to see his character shine through, as his wife Gwen gave an outstanding talk, powerfully illustrating the importance of dementia research.

"I am sure his foundation, which is challenging taboos around this illness, will continue to grow from strength to strength.

"We will always be very proud of our connection to Sir Charles and our thoughts are with his family at

Having made Harlow known for optic fibre, Sir Charles has always and will always be celebrated through the town.

The Kao Data Centre, now known as Kao Park, has been long associated with innovation and is determined to continue Sir Charles' pioneering legacy.

The campus' new name is said to be already attracting some of the world's "foremost science and technology innovators".

CEO of Kao Data, Jan Daan Luycks, said: "It is saddening to hear of Sir Charles Kao's death.

"It is fair to say that the modern world would not be same without him.

"At Kao Data, we look forward to building on his legacy of innovation in a sector which he helped to create."

Harlow's BMAT Stem Academy was also known as Sir Charles Kao UTC until the start of the academic year in September.

And a recent mural to him is also displayed proudly on the side of Harlow Playhouse.

A spokesman for Harlow Council said: "RIP Sir Charles Kao.

"We were very sad to hear the news on Monday evening that Sir Charles Kao passed away.

"It was in 1966 at STL in Harlow that Charles along with his colleague George Hockham invented the technology behind fibre optic cable.

"It made Harlow the birthplace of fibre optics. Charles will always have a place in Harlow's history and future.

"A mural of Charles is on the side of Harlow Playhouse.

"The old STL site on London Road has now been redeveloped as part of the Harlow Enterprise Zone with Park and Kao Centre standing proud in the development."

A tribute on the Harlow Council Facebook page continued: "If it wasn't for Charles and his colleagues work you would not be seeing this on your phone, tablet or computer and we would not be able to communicate in the way we do today.

"Thank you Charles."

On Twitter Harlow MP Robert Halfon added: "RIP - the truly great Sir Charles Kao who in Harlow made fibre optics possible and transformed telecommunications.

It is also understood that Harlow Museum will include the 'father of fibre optics' Sir Charles in an exhibition they are working on for Science



Kao campaigned for people to have a better understanding of dementia

Kao Park will continue Sir Charles Kao's legacy



The Kao Data Campus data centre



News













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Abandoned cinema like horror film background

By CHARLOTTE PAGE

@iournopage

EERIE footage has emerged from inside one of Harlow's most prominent old

The former Odeon cinema on The High has stood empty since 2005 and has been sold to a local businessman.

All that remains to be seen from outside now is the crumbling structure.

However, a group of urban explorers have braved the asbestos and mould to provide an exclusive look inside the derelict building.

For the first time since it closed, we can now take a look inside the former Odeon.

The 19 minute-long footage on You-Tube account, Within the Urbex, sees explorer Ryan, who wishes only to be be built for Rank after World War Two.

known by his first name, and his friends make their way through the building.

The video starts in a pitch black room with rubble and debris scattered across the floor.

"Me and my mates saw the gates were open so we though we might as well do it," said 22-year-old Ryan. "We took some photos and took some vid-

"What we are trying to do with the videos is stop vandals going in to smash up the place. That's why we won't ever say how we get into places and always leave them more secure than we found them.

"It's an iconic building to Harlow."

The cinema opened on February 1, 1960, and was the first new cinema to



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News



The Odeon was refurbished in 2001 and rebranded with the new Odeon style. This was despite the competition from a six-screen multiplex which opened back in

Its future looked hopeful, however it was closed in August, 2005. Just days later, it was purchased.

The video shows that as Ryan and the boys - Adam, Nathan, Robbie, Jordan and Mark - make their way through the building, it is dimly lit with the curtains torn and hanging loose near to where the screen once was.

The rows of seats have remained largely intact. As the video continues, you can see what was the fover.

Now just a pile of smashed glass and rubble, the old drinks dispensers are still on site.

Several ceiling boards are no longer in tact, with insulation covering the floor.

With the building falling apart it," he said. "But we will always go combined with the asbestos, urban exploring like this can be dangerous.

"The building itself has a lot of health risks like black mould and asbestos," Ryan said. "It can be quite dangerous. We know the risk and we all know what we are doing.

"I always wear a mask and gloves too because you might fall onto anything. We think about if there are homeless people using buildings for shelter too.

"In a way it's their home, so we have no right going in there if they don't want us there."

Ryan and his friends never break into the buildings.

"If there is a safe way in that does not involve busting a lock or smashing a window, then they go straight in.

We need to be careful in case there are security guards guarding

up and ask if we can go in to just film and come straight back out, and nine times out of 10 it's fine.

"If the building looks too dangerous then we won't go in.

"We will only do external shots if it's falling apart."

Ryan began urban exploring about five years ago in Somerset.

Him and his friends noticed a listed building and wanted to take a look inside.

"We thought it was quite unique," he said. "We thought who would remember it if it's knocked

"We had to go and ask if we could go in and they said yes.

"We want to document these iconic buildings before they are knocked down and replaced. It's a piece of history."

To view more of Ryan's videos, visit the Within the Urbex YouTube channel and Facebook page.





You are invited to attend A BIBLE LECTURE

arranged for Saturday 13 October 2018 at 7.00 pm in the Howe Dell Community Centre, The Runway, Hatfield, AL10 9AH

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News

Two by-elections called after councillors resign their posts

in Harlow following the resignation of two popular councillors.

A by-election has been called for the Bush Fair ward after Councillor Ian Beckett announced his resignation on Monday, September 17.

The decision came after Harlow Labour Party held a selection meeting at Moot Hall the day prior to determine candidates for the local election next year.

Mr Beckett was deselected after and to the town." losing a ballot to Jodi Dunne and later opted to resign.

He said: "The outcome was that Harlow Labour Party did not wish me to be their candidate in the Bush Fair Ward.

"The process was fair and democratic and I accept the result.

"I have drawn, what I consider to

decided it has greater confidence in June. someone else.

"For that reason I consider my position untenable.

"I would like to place on record my appreciation of all members of Harlow Council staff for the support they have provided me with for almost eight years years.

"They are a credit to the council

A by-election for the Bush Fair ward will take place on Thursday, November 8, as will a by-election for the Netteswell Ward.

An election was called for the Netteswell Ward after the resignation of Councillor Waida Forman.

Ms Forman was appointed the first black and ethnic minority be, a reasonable conclusion, that is female deputy leader and portfolio low.gov.uk/election-voting-news

TWO by-elections have been called that Harlow Labour Party has lost holder of a newly created portfolio confidence in me, or at least of equality and diversity back in

> She formed part of the Labour cabinet at a time where half of the eight portfolio holders were women and its different ages and experiences was said to reflect the town's diversity.

> Her resignation was with immediate effect on Tuesday, September

> Councillor Forman, who was councillor for the Netteswell ward, was appointed deputy leader and portfolio holder of a newly created portfolio of equality and diversity back in June.

Polling cards will be hand delivered between October 17 and Octo-

For more information visit har-



Bishop's Stortford Antiques & Collectables Fair

Sunday 7th October 2018 9.30am – 4.00pm Bishop's Stortford Football Club Woodside Park, Dunmow Road, Bishop's Stortford CM23 5RG (Near M11 junction 8. Signposted off the A120 and Dunmow Road) Admission £1.00 Refreshments and snacks available.

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Concerns at number of deaths at hospital

REPORT SAYS FIGURES MAY SHOW NEED FOR INVESTIGATION

By JAMES GREGORY

ames.gregory@reachplc.com @jgregorynews

OUESTIONS have been raised of patient care at Princess Alexandra Hospital after it was revealed there were 195 more deaths than expected last year.

The hospital trust in Harlow saw 1,626 patient deaths in 2017/18, 14 per cent higher than the expected 1,431.

That's according to the latest Summary Hospital-level Mortality Indicator (SHMI) published by the NHS on September 20, which records deaths associated with hospitals.

The report looked at the number of people who died either while in hospital or within 30 days of being discharged across 131 trusts in England between April 2017 and March 2018, comparing those figures to the number expected to die given the characteristics of patients treated there.

Princess Alexandra is one of just 13 trusts in the country with a 'higher than expected' SHMI

However the figures do not immediately indicate a bad per-



formance or quality of care.

Instead, they are are viewed as a 'smoke alarm' that requires further investigation.

In 2017/18, there were approximately 9 million discharges, from which 299,000 deaths were recorded for the 131 hospital trusts covered.

Essex County Councillors revealed last month that plans for a new hospital in the town schemes to be given the go ahead from central government.

An area in Harlow close to the M11 and another where thousands of homes are being developed in the Gilston Park are. have been revealed as two sites being considered for a new hospital for the town.

existing Princess Alexandra went to press.

has been identified as one of Hospital buildings in the centre of the town replaced with a brand new complex.

The hospital was taken out of special measures earlier this year and it now 'requires improvement'.

The Princess Alexandra Hospital Trust was approached for comment but have not A third option would see the responded by the time the paper



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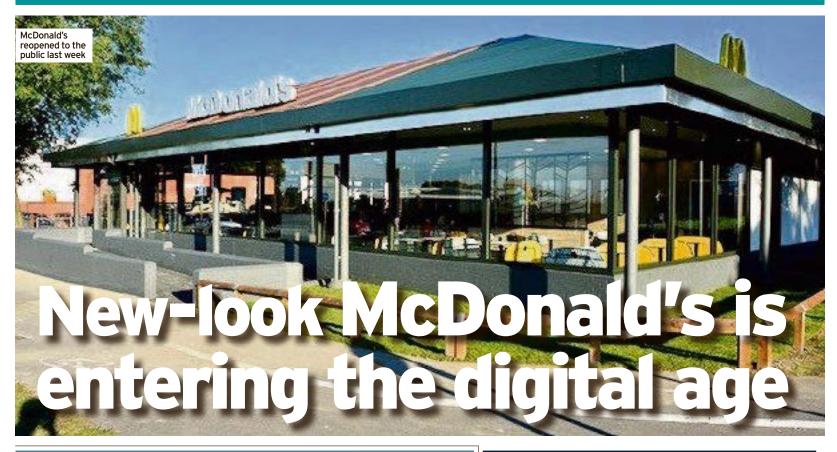








News



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MP SET TO OFFICALY REOPEN

By CHARLOTTE PAGE

charlotte.page@reachplc.com @journopage

HARLOW McDonald's will be officially reopened this weekend following a sixweek digital refurbishment.

The branch at The Oaks Retail Park is the last of the franchisee's eight restaurants to be digitally converted.

The restaurant opened its doors to the public on Tuesday, September 25, although it will be officially reopened by Harlow MP Robert Halfon in a ceremony on Saturday.

Customers now have more options on how they order including self-service kiosks, a new click and collect service and a mobile app.

The new app means that customers can order when and where they want and at their own pace without having to queue.

They can also redeem offers and access menu updates

- customising menus so it is tailored to their preference.

Table service is also now possible, and is said to offer the opportu- expected that all McDonald's restaunity for staff to interact more with their customers.

Franchisee Tony Fagg said: "I'm proud to be able to offer customers more choice as to how they enjoy their McDonald's experience with this new



digital store.

We anticipate click and

collect being very

popular, particularly

when people are

in a hurry.

Tony Fagg

"McDonald's is committed to harnessing digital innovation to provide our customers with the food they want, when and how they want it, as

seen with the addition of mobile ordering.

"We anticipate click and collect being very popular, particularly when people are in a hurry and on the

More than 80 per cent of McDonald's restaurants across the country have been digitally transformed in the past three years.

By the end of 2018 it is rants will offer customers an enhanced digital McDonald's experience.

Other digital features in the restaurants include free to use tablets, interactive magic tables for children and mobile phone charging points.

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News



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A yuletide break to remember 2 days from £105.00, 25 Nov, 2 & 8 Dec 2018

A great value break to Bath's famous Christmas Market, which combines the very best of seasonal shopping, fine food, family fun and entertainment.

Highlights & inclusions

- A visit to Bath Christmas Market
- A short tour of the Cotswolds
- Visits to Bourton-on-the-Water and Stowon-the-Wold
- One night's bed and English breakfast accommodation at the Holiday Inn Express in Swindon (or similar)
- Coach travel from the local area Escorted by a friendly tour manager



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2 days from £139.00, 8 Dec 2018

Here's your chance to see Castle Howard adorned with decorations, traditional fresh foliage displays, lights and candles, while carol singers and music add to the Yuletide mood!

Highlights & inclusions

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- Visit York Christmas Festival
- One night's bed and English breakfast accommodation at a three-star standard hotel in the Yorkshire area
- Coach travel from the local area
- Escorted by a friendly tour manager

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Basin and a bath tipped in town park

PUBLIC URGED TO BE AWARE

By CHARLOTTE PAGE

@iournopage

A BATH and sink are among a number of household objects found dumped in Harlow Town Park.

The discovery was made by officers from HTS (Property & Environment) Ltd in the showground of the park on Wednesday, September 26.

Officers sifted through the cardboard boxes, paint buckets, wood, curtain rails and more in hope of finding evidence of who might be responsible before arranging for it to be cleared.

Unfortunately, no evidence relating to who might have dumped the rubbish was found.

Harlow Council has since warned anyone caught fly-tipping could be fined.

A spokesman for Harlow Council said: "Thanks to HTS the disgusting mess in The Showground has been

cleared this morning (Thursday, September 27).

"Unfortunately our officers did not find any evidence in this fly-tip which could have helped us find out who dumped it or who's rubbish it included.

"If you see fly-tipping please report it to us so we can investigate and clear it quickly. You can report fly-tipping at harlow.gov.uk/report

"Also if you arrange for someone to take away your rubbish make sure they have a waste carriers licence.

"Proper companies have this licence which means they can carry waste and can dispose of it legally.

"If your rubbish gets taken away and dumped you could be fined."

In July, Harlow Council discovered a huge pile of rubbish dumped in a playing field at Tye Green Cricket Club, of which enforcement officers found items including furniture, tyres, cardboard, electrical goods and a sex toy.

Call **0330 160 7723** Visit newmarketholidays.co.uk/hem



News



Get voting, Paralympic star tells residents

NOMINATIONS ARE OPEN FOR THE ACTIVE ESSEX AWARDS

Max Whitlock

By SIMON MURFITT

simon.murfitt@reachplc.com @simonmurfitt1

HARLOW Paralympian Richard Chiassaro is urging residents to nominate inspirational athletes for the Active Essex Sports Awards.

The annual event celebrates the outstanding achievements of sporting organisations and individuals.

Nominations are now open for the event, which recognises local sporting heroes from grassroots to an elite level.

Following last year's great response, public votes have returned for three of the 11 awards - including the Disabled Sports Personality of the Year category.

The award celebrates athletes who have made a significant impact in the last year at a national or international level, either individually or as part of a

team. It is open to all ages and disabili-

Last year, the award was won by Mr Chiassaro, who started wheelchair racing in 2009 and represented Team GB in Rio 2016 in the T54 100m, 400m, 800m and 4x400m relay.

He said: "It was a fantastic honour to receive the Disabled Sports Personality of the Year award last year.

"The ceremony was an inspirational night and gave me a big platform to thank everyone who has supported me over the last decade.

"I urge everyone to think of someone who has gone the extra mile in disability sport at national or international level and vote for them now to give them the recognition they truly

Meanwhile, the Services to Inclusive Sport award is for an individual or organisation that has made a significant contribution in the last year to advancing sport and physical activity for people with disabilities.

In addition, the other two categories to be decided by public vote are

the Sports Personality of the Year and Unsung Hero

The ceremony takes place at Chelmsford City Racecourse on December 5.

Azeem Akhtar, chairman of Active Essex, said: 'The annual sports awards highlight those who are

making outstanding contributions to inclusive sport and physical activity across the county and are inspiring others to get active.

"We'd like to see as many nominations as possible this year."

Olympic champion Max Whitlock, of South Essex Gymnastics Club, will present the Young Sports Personality of the Year award at this year's cere-

Nominations can be made via activeessex.org/sports-awards-2018 before 21st October 2018.





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Employment advice service Futures supports awards

Awards were held last night (Tuesday), celebrating the businesses that are the lifeblood of the community.

A whole host of companies have come on board to support the ceremony as event partners, including Midlands-based Futures which provides invaluable advice on skills and employment to people across the country.

Tom Hay is the Head of Operations (East of England Region) for the National Careers Service at Futures.

He said: "It's critical that organisations like Futures do support regional business. As part of our national careers service contract we are required to increase our employee engagement strategy. With this in mind we are always keen to work closely with local businesses and employers to understand who is recruiting and what sectors are in

THE Essex Business Excellence growth, so we can tailor our service and our offering to ensure that we are providing our customers with the most up-to-date labour market information. This helps businesses grow and thrive by getting applications from appropriately skilled and qualified people who are interested in working in these sectors and getting those opportunities."

Futures provide its services to people across the country but has recently been awarded the contract to deliver the national careers service in the east of England, including Essex. Tom explained how Futures contributes to the regional business community.

"Here at Futures we do a lot of work with job centres and outreach work to reach customers both unemployed and employed. We do this to help people progress within their career.

"A large proportion of our work is



We are very excited about working in the region, which is new territory for us.

Tom Hay, Futures

aimed at unemployed people, so our business and activity contributes by helping those who are either unemployed or not working enough. We help them understand what their local opportunities are and how to access them, so it's putting customers in touch with employers and these opportunities. This might entail providing them with training to upskill before moving into these

Fu+ures

roles but also working with employ- the Essex Business Excellence ers to help them understand where Awards. It has helped us to identify there is apprenticeship opportunities, traineeships or work experience opportunities. This is all done with we offer the very best service." the aim of getting local people engaged with the world of work."

Dedicated to providing local people with the highest quality of service, Futures has big plans for the next 12 months.

Tom said: "The key focus is to establish our footprint here in Essex. Futures is an Ofsted outstanding rated provider, and we're very excited about working in the region which is new territory for us. We are keen to develop our presence across the county, particularly in light of

opportunities collaboratively with businesses and employers, to ensure

This year's Essex Business Excellence Awards took place last night (Tuesday) at Essex County Cricket Club. Hosted by comedian Mark Dolan and Olympic silver medallist Gail Emms MBE, the night saw companies go head-to-head in 12 different categories.

For more information about the annual awards, get in touch with Vikky Perry at event organisers, Champions (UK) plc. Call 08453 31 30 31 or email vperry@championsukplc.com

Advertising Feature

ESSEX BUSINESS EXCELLENCE AWARDS TO CELEBRATE THE REGION'S MOST INNOVATIVE COMPANIES

Innovation is a skill that every business needs if it is to see success. Having the ability to create new, exciting concepts can take a company to the next level, and this, coupled with the latest technology can give a business the perfect recipe for success.

The Essex Business Excellence Awards acknowledges this and the 'Excellence in Innovation & Technology award at this year's ceremony celebrates those companies who have made significant strides in their respective field due to creating or introducing something new to their offering.

Sponsoring this award is leading wealth management firm, Janine Edwards Wealth Management, Principal Partner Practice of St. James's Place Wealth Management. For over 30 years the company has supported a range of clients with all of their financial needs, priding themselves on building long-lasting relationships.

Janine explained why they chose to come on board as sponsors of this category. She said: "The 'Excellence in Innovation & Technology' award celebrates a business that has performed outstandingly throughout the year. We will be looking for a company who have developed a strong business presence with proof of certain accomplishments such as strong market share, economic turn around and innovative approach. All

of these elements are crucial to a successful business, and we are looking forward to seeing those who are nominated and meet this criteria."

Ianine Edwards has always shown strong support for regional business events across the county and she explained what benefits sponsoring the awards bring to her business. She said: "There is much to be learnt from the successful companies, and, by celebrating their accomplishments we will incentivise others to follow in their footsteps. I also think it is important that companies make common cause with each other and join together to celebrate each other's

"It is an enormous privilege for my team and I to be supporting such a high-profile event such as the Essex Business Excellence Awards. We strongly believe that our best companies deserve real recognition and these awards are the perfect way to go about it."

Taking place on 2 October, the event brings the whole business community together to celebrate one another's success. Janine discussed why she believes it is important to celebrate other people's successes. She said: "Peer recognition is an important factor in driving progress in the world of business, so the bigger the splash we make with these Awards the better. Our philosophy centres on establishing trust and building

valuable, long term relationships, and we aim to continue to grow in this area and continue to deliver outstanding results for our growing client base."

This year's event took place at Essex County Cricket Club and as well as rewarding companies across 12 different categories, there was also an opportunity to raise much needed funds for chosen charity, The Lord's Taverners. The UK's leading youth cricket and disability sports charity, they are dedicated to supporting disadvantaged and disabled young people through sport.

For more information on this year's Essex Business Excellence Awards, get in touch with Victoria Perry at event organisers Champions (UK) plc. Call 08453 31 30 31 or email vperry@championsukplc.com

IANINE EDWARDS WEALTH MANAGEMENT LTD

ST. JAMES'S PLACE

If you would like to book a meeting with Janine contact: Janine Edwards: 01676 530606 or 07785 295341 Janine.edwards@sjpp.co.uk



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Congratulations to our winners

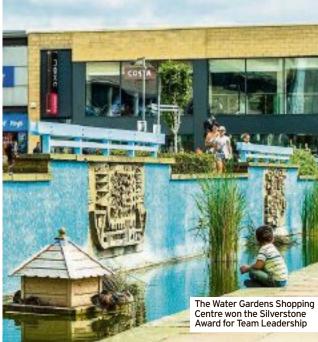
announced this week at the glamorous awards ceremony, held at the Essex County Cricket Club. Companies celebrating were:

- Invest Essex Award for Company of the Year - 24x7 Ltd
- James Hallam Award for New Business of the Year - The Bottle Club
- HSBC Award for SME Business of the Year - Imaginators
- THIS year's winners of the Essex Silverstone Award for Leadership Janine Edwards Wealth Manage-Business Excellence Awards were Team of the Year - The Water Gardens Shopping Centre, Harlow
 - Champions (UK) plc Award for Entrepreneur of the Year - Andy Mahoney, 24x7 Ltd
 - RSM Award for Family Business of the Year - WES Industrial & Welding Supplies
 - Prettys Award for Customer Service Excellence - Simply Fertility
 - Futures Award for Professional Services - CLS Money
- ment Award for Innovation & Technology - Systematics International Ltd
- 8 Outdoor Award for Sales & Marketing - Clemence Hoar Cummings
- Inspirational London Award for Contribution to the Community -Farleigh Hospice
- Lord's Taverners Award for Notfor-Profit Organisation of the Year -24x7 Special Needs Holiday Trust

Congratulations to all.





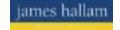


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Advertising Feature

LEADING WEALTH MANAGEMENT FIRM SET TO BE HEADLINE SPONSOR AT ESSEX BUSINESS EXCELLENCE AWARDS

Essex County Cricket Club is set to play host to one of the standout events on the regional business calendar, as the annual Essex Business Excellence Awards returns. Celebrating the success of companies throughout the county, the awards shine a spotlight on businesses of all sizes and from all sectors.

With preparations well underway for the event, sponsorship deals have been confirmed. The Headline Sponsors for this year's event has now been announced, with Janine Edwards Wealth Management, Principal Partner Practice of St. James's Place Wealth Management once again coming on board to support the awards.

Janine Edwards is the company's founder, and she explained why they decided to become Headline Sponsor. She said: "As someone who has enjoyed working with my private and corporate clients for the past 30 years, I've learnt that no single business can operate in isolation and in that sense, we are, quite literally, all in it together. Essex Business Excellence Awards will always have my support as it's a wonderful opportunity to recognise high-achievers in the local business community and, because of the exposure it gains, is a great chance to spread the good news.

"There is much to be learnt from successful companies across Essex, and, by celebrating their accomplishments we will incentivise others to follow in their footsteps. We see these awards as a wonderful opportunity to encourage a strong, tightly knit business community that works in the interests of everybody. Collectively, local businesses have shown fantastic resilience in recent years and our most successful companies serve as examples to us all as the environment improves. For that they deserve all the recognition they can get."

Janine Edwards Wealth Management are always striving for ways to improve their offering and she discussed their plans for the next 12 months. She said: "St. James's Place Wealth Management will concentrate on the same things that have traditionally brought us the level of success we have consistently enjoyed. Our main focus has always been on our clients' interests and ensuring they are both nurtured and protected. In light of recent changes to financial regulations, particularly recent changes in pension allowances and landlord taxation, my team has done a fantastic job in adapting to new circumstances and we are really well-equipped to offer our clients even better advice than ever. We will continue to foster long-term relationships with all of our clients,

whether they be large or small, with the aim of finding tailored solutions for their unique and individual requirements."

This year the Essex Business Excellence Awards will take place on 2 October and see businesses from across the Essex region enjoy an evening of fine dining and celebration. Hosted by comedian Mark Dolan and TV presenter Emma Jesson, entertainment on the night will come in the form of Britain's Got Talent star Key Orkian.

Nominations for this year's awards have now closed, but for more information about sponsorship and booking tickets, get in touch with Victoria Perry at event organisers, Champions (UK) plc. Call 08453 31 30 31, or email vperry@championsukplc.com

IANINE EDWARDS WEALTH MANAGEMENT LTD

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Princess Alexandra Hospital has to service an area twice the size of what it was orginally built for

LETTERS

I THOUGHT there should be some balance to the letters of September 20 in The Star.

When the proposals were published for the redevelopment of PAH the objections would be fairly obvious "what's wrong with what we've got?"

Where to start. PAH was built in the 60s and was at the time surrounded by many other smaller hospitals, St Margaret's, Hertford, Bishop's Stortford but over time we've been left with Harlow.

Good or bad that's not what is up for debate.

PAH now has to service a community already twice the size it was built for and a projection of having to service 2-300,000 people in the future.

The current site looks like it was built in the 1960s and if you walk around the site there are many fine examples of building practices of the time. There is nowhere

PAH is possibly the and although we like to smallest acute hospital in Essex, Herts, North London built on possibly the smallest

There is nowhere left for PAH to expand and although we like to claim how accessible it is, it's really not, try getting to Broomfield or Lister in Stevenage, both built on the outskirts of major towns.

Harlow needs a new hospital, one fit for the 21st century and the current site is not fit for that purpose.

In time we may come to see that but as stated in your letters, if no move is made we can look forward to another 20 years of PAH being a building

Brian

left for PAH to expand

claim how accessible

it is, it's really not

C Shorter

Keep the 87 bus and restore old timetable

IN response to the email about the 87 bus to Epping, (Your Views September 20 issue), yes it does need looking at, but not the route.

Katherines Way links to Water Lane and then to Sumners and Katherines which are already poorly served by buses.

Abercrombie Way is already served by several buses and is a short journey to town where many buses go to Epping.

The 87 is the only bus that goes

from Sumners/Katherines to

It's used by commuters and school children who have already had their journeys disrupted by timetable changes.

It's hourly now and only serves Katherines/

Sumners for a few hours each day anyway.

Please keep the 87 and reinstate the half hour timetable during commuting hours.

C Shorter Via email

SOS animals need protection as well

I SEE that a new law protecting emergency service staff has been passed through parliament, about

However what about the animals, who protect us, who are assaulted and even killed on duty ie fire brigade sniffer dogs and importantly the police dogs, sniffer dogs looking for bodies, offenders, drugs, money etc etc.

A new law was promised to protect them, but nothing has been passed through parliament yet, as far as I can see.



It would have been nice to put it through at the same time as the staff protection sentence increase.

The animals protect us so let's repay them.

Mr S Wallis Via email

World Alzheimer's Day supporters

DO YOU know that Alzheimer's is the most common form of dementia, with 850,000 people living with dementia in the UK?

Or that 225,000 people will develop dementia this year alone? That's one person every three

As this month we mark World Alzheimer's Day, I'd like to share a little more about our work supporting couples and families living with the condition.

Couples like husband and wife David and Rhoda. David is the sole carer for his wife Rhoda who has Alzheimer's. Adjusting to life as the sole carer for Rhoda was difficult for David and not being able to have a conversation with Rhoda or spend quality time together as husband and wife became overwhelming.

Unpaid carers supporting someone with dementia save the economy an estimated £11 billion per year.

That's why we're passionate to do everything we can to support carers like David and those that they lovingly care for to take a break and enjoy some time away from their everyday routines.

I work for Revitalise, a wonderful charity that provides respite holidays for disabled people and carers at our Jubilee Lodge respite holiday centre in Chigwell in

We are also proud to be the UK's leading experts in providing

respite holidays for people with Alzheimer's and dementia through our specialist Alzheimer's weeks.

Each and every aspect of our unique Alzheimer's weeks have been designed with our guests in mind, giving carers the opportunity to place the care of their loved ones in expert hands and to simply take time to relax and enjoy quality time with the one they love.

If you would like more information about Revitalise, our specialist Alzheimer's weeks, to request a brochure, or to help us to support even more people like David and Rhoda, please visit: www. revitalise.org.uk or call: 0303 303

> Stephanie Stone Revitalise



- **EMAIL:** community@hertsessexnews.co.uk
- TWITTER: @Harlowstar
- FACEBOOK: /HarlowStar



WEBCHAT

Here's what you've been talking about on Facebook this week

■ EERIE FOOTAGE SHOWS WHAT IT'S LIKE INSIDE HARLOW'S ABANDONED **ODEON CINEMA**

Worked there - summer of 1984. Saw 'Indiana Jones & the Temple of Doom' 40 tines!

Robert Campbell

Fond memories of going here when I was a kid.

Gemma Hughes

Brings back good old memories still remember the stars in the ceiling and the chandeliers so sad to let it go to wreck and ruin.

Maria Clelland

Remember our Saturdays spent

here think it was £2.10 a film.

Had such good times there Saturday mornings so sad to see it like this.

Annette Darrell

Saturday morning cinema, got dropped off with my sister by Mum & Dad why they went shopping.

Lisa Honychurch

What a waste x

Su Barnes

One for you Chris Hawes, this is the cinema I went to as a kid in my home town. Such a shame it's been left like this for so long!

Hayley Louise Plows



#BigUpHarlow



NISHALL Garala BCAc, 22, of Waterhouse Moor, is asking the community of Harlow to get involved with his successful campaign called #BigUpHarlow.

Nishall has served on many local community groups and panels such as Harlow Youth Council and Waterhouse Moor Residents Association. He currently volunteers for Harlow Police and was the student governor at Harlow College alongside many other roles he held within the town.

Nishall was honoured the British Citizen Award for his services to the community (BCAc) in July 2017, and has recently been given a fellowship in the Royal Society of Arts.

Nishall started the #BigUpHarlow campaign on Twitter in 2014, and over the years the campaign has grown at a fast rate with support from many people and organisations,

such as Robert Halfon MP, Harlow Chamber of Commerce, Harlow Council and many other dignitaries and community groups within the

Nishall is now continuously asking the residents and businesses of Harlow to get involved in the campaign to promote the town.

Nishall, who is extremely passionate about the community, said: "#BigUpHarlow is growing from strength to strength, and is being recognised as an influential campaign that has proven to tackle the negative perception of Harlow."

He went on to say: "There is so much good going on in the town and I think people need to know about it. and the people of Harlow can help to make a difference to get the message out there."

Nishall's call to join the campaign has been described as "simple" by

many people.

The instructions, says Nishall, are as follows: "Find something good to say about Harlow, put the #BigUpHarlow on it and post it on to Twitter or Facebook."

#BigUpHarlow is primarily a Twitter-based campaign, which people can follow @BigUpHarlow, however, all the post from Twitter can be also been seen via the campaign's Facebook page.

The campaign is looking for posts regarding positive local news stories and events, what people enjoy about the town, what the hidden features people have discovered, and anything that promotes the greatness of Harlow.

Nishall also added a message for evervone.

He said: "Harlow needs your help, #BigUpHarlow today and promote our town's goodness.

ARITY NEWS

Golfers raise record sum for St Clare Hospice

TAKELEY property developer and long-term partner of St Clare Hospice, Weston Homes Plc, has raised a record-breaking £155,000 for the charity at its 24th annual

The Uttlesford-based developer has been running this vital fundraising event in aid of the hospice for the past two decades and in that time has generated well over £1 million for the charity.

Golfers enjoyed a welcome breakfast before hitting the greens at Stoke by Nayland Golf and Spa Hotel, followed by an evening of fine-dining and entertainment.

The event finished with a charity auction in which guests bid generously for top prizes, including holidays and golf breaks.

St Clare chief executive, Sarah Thompson, said: "Once again, after 24 years, Weston Homes has excelled itself in its absolutely overwhelming fundraising efforts in aid of St Clare Hospice.

"Our invaluable partnership with

the business has helped us to develop our care services for all those who need us now, and in the

"It is thanks to loyal partners like Weston Homes that we are able to sustain our compassionate, specialist palliative care for people living in West Essex and East Herts.

"We would like to express our utmost gratitude for their continuous and unparalleled support of the charity.'



How your marathon efforts can generate cash for a good cause

HASTINGWOOD-BASED charity, St Clare Hospice, is appealing to successful London Marathon 2019 ballot applicants to join Team St Clare for the event on Sunday, April

Members of Team St Clare who have secured their own place for the in the ballot have no minimum fundraising target, but will be helping to raise vital funding for the West Essex and East Herts hospice, making their lucky ballot place even more worthwhile.

Successful ballot applicants who join Team St Clare will receive the full support of the Hospice's Challenges team, who can offer support and guidance on taking part in this prestigious, world-class race.

Members can expect to benefit from a series of free-entry Marathon Evenings at the hospice, led by expert sport therapists, as well as fundraising and moral support during their training,

@hertsesséx

and on the day of the event.

In return, St Clare Hospice asks members to raise sponsorship in aid of the charity.

St Clare's 2018 London Marathon team raised over £28,000 in sponsorship money for active and independent for as long the Hospice, fundraised by both successful ballot applicants and Gold Bond runners for the charity.

That's enough to fund over 30 weeks of life-changing physiother-

HELP AND SUPPORT IS ON OFFER TO ANYBODY WHO JOINS THE 2019 TEAM Staff and volunteers email your cheer on Team St news to Clare at the 2018 London Marathon community

> news.co.uk patients, supporting and empowering people to remain as possible.

St Clare Hospice's Challenges and Events Fundraiser, Emma Broadbent, said: "If you were lucky enough to secure your own ballot place for

apy support to St Clare London Marathon 2019, why not pists at our Marathon Evenings." make the most of your lucky running experience and join Team St Clare?

> "All that we ask is that you collect as much sponsorship money as you can - and you can reap the benefits of a super, supportive team and expert advice from sports thera-

She added: "Running the Marathon in aid of St Clare also gives extra meaning and a special purpose to your challenge, as your fundraising efforts literally go towards changing the lives of people in need of our support in your local commu-

"The more the merrier on Team St Clare - so do get in touch and come along to meet your new team."

If you have secured yourself a ballot place for the 2019 London Marathon you can get in touch with Emma on 01279 773754 or email emma.broadbent@stclarehospice. org.uk

Austerity and EU exit deal are on our minds

THE BIG QUESTION

Standfirst What do you think is the most important political issue at the moment?

Labour says that austerity is a key issue

LABOUR: Joe Dunne

FOR me, the most important political issue of our times is

One look at the waiting lists of any major town or city in the country will tell you that demand has far outstripped supply and even in the dwellings that are being built, a 2017 report from The Independent newspaper in the wake of the Grenfell Tower tragedy shows that over half a million new social housing projects fail to meet basic health and safety standards

The problem lies in successive governments failing to keep up with building properly affordable, good quality social housing in the slipstream of Right To Buy and the more recent Help To Buy initiatives which satisfied the very noble aspirations of those wanting to own their own home for security and guarantee for the future yet failed to cater for those left

The Labour Party has an ambitious plan to build 100,000 new homes nationally for every year of the next parliament in order to fix the housing crisis.

A local example can be seen with the Labour-run Harlow Council initiative to build more social housing in the town, utilising some of the skills base of HTS, which continues to be a success



story in this and many areas besides.

These will be homes that are worthy of the name, prioritising brownfield sites with genuinely affordable rents.

From the foundation of a home, many building blocks of life can bloom: A job, family, friends and hope for the future.

It is vitally important that in the next general election, we get a Labour government which will keep its promise to the country to build secure homes for all.

LIB DEMS: Paul Tenconi

BREXIT is undoubtedly the most critical issue facing our country at the present time.

The Liberal Democrats are a pro-European party who believe Brexit will inflict significant damage on our economy and society.

The fact that we are now less than six months from leaving the EU, but no deal is in place, is deeply concerning due to the likely impact on jobs and public services.

The public should be given the option to stop Brexit now that the consequences are more evident.

This is all the more urgent following the poor reception the 'Chequers Plan' received in Salzburg last month.

Brexit is too big an issue for our current Parliament to deal with alone - it should be for the British



people to decide on whether to proceed with leaving the EU, the impact of which will have to be dealt with by future generations, for years to come.

This is why we urge all readers to support a People's Vote.

email

your

questions to

community

WHAT QUESTIONS DO YOU WANT ANSWERED?

@hertsessex Every week we put your news.co.uk questions to representatives of each of your main local parties. So get involved! Email your questions to get the issues that matter to you on the agenda

UKIP: Peter Day



POLITICS in the UK is in a huge mess. The three main parties continue to fight amongst themselves as if they are what matters.

People vote in politicians to represent them and it's done in a democratic way that has been the kingpin of our free society for many years.

Whether it's a general election, binary referendum or local elections, we have a proud and democratic system that in the past has been the envy of the world. Now and for many years, we see the destruction of democracy in our country. For the past 45 years we have endured lies and deceit from our three elitist, establishment parties and this has resulted in a huge lack of trust for politicians because they never do what they promise, never stick to manifesto commitments and never listen to the democratic will of the people.

Clearly the issue concerning the EU illustrates this point and is at the front of politics right now but there are actually many illustrations of how our democracy is now completed eroded.

The answer to this question must be democracy and leaving the EU - the two are entwined. We see the Conservative Government in turmoil fighting amongst themselves with little or no concern about the democratic referendum that they set up in 2016 and promised it was 'the people who would decide'.

We see Labour fighting amongst themselves over the same thing with 93 of their constituencies in the North voting to leave the EU being ignored by most of their MPs who want to fight for the opposite. We see the Liberal Democrats fighting to reverse the democratic result of the biggest vote ever in the UK.

All three are tied to keeping democracy at the bottom of their list of priorities because of their love affair with the EU.

We can never be a democratic country again unless we leave the undemocratic EU and so without doubt, this is the biggest political issue. People need to stop electing politicians to keep others out (negative voting).

Harlow

■ WELLBEING WORKSHOPS: To celebrate mental health day. Naturally attuned is coming to our very own pardon woods, on October 6 from 12-5pm. Roots to wellbeing will bring mediation, workshops, Nordic walking, art therapy, healing and mindful talks and activities. It is £4 entry and a donation of £5 for healing. To secure your place please book email Tara.naturallyattuned@ gmail.com.

■ FUN DAY: Family Fun day on Saturday, October 6 from 1 to 4.30pm. Stalls, tombola, lucky dip, bottle hoopla, snacks, drinks, music, games, face painting, inflatables, hair braids and glitter make-up, bouncy castle, sweets, pet balloons and toys. Prizes to be won - gift vouchers, horse riding lessons and fun days. At Paringdon Sports and Social Club, Paringdon Road, Harlow CM19 4QT. ■ JAZZ GIG: Music at the Marigolds presents Sister Suzie on Friday, October 12 from 7.30pm. At Harlow Cricket Club, Chippingfield, Old Harlow, Essex CM17 ODJ. Tickets £10 on the door.

Roydon

■FITNESS CLASS: 50-plus fitness group, Move It or Lose it, takes place on Tuesdays from 1.30 to 2.30pm at Roydon Village Hall. All abilities, men and women welcome. £5 per session. Call 07974 721527 for more information.

■ MARKET: Roydon Market takes place on Saturday, October 13 from 10am to 2pm in the village hall. Bread, eggs, honey, juice, chutneys, meat, sausage rolls, pasties, sherpherd's pies, cheese, cakes, fruit and vegetables, flavoured oils, wood turning, gifts, flavoured gins, children's clothes, crafts, candles, horseshoe art, paintings, soaps. Forever Living, greetings cards and historical maps and prints. Refreshments will be run to raise money for the WI. Free entry.

Rushden

■ LACE MAKING: The Rushden Lace Club meets on the first Monday of the month in the village hall, and all types of lace are made under the expert tuition of Bridget Cook, Beginners are welcome to join the group, where tea, coffee and biscuits are supplied although you will need to take your own lunch. For more information, call Eva on 01763 288357.

Sandon

■ GREEN FINGERS: Sandon Gardeners' Club meets every second Monday of the month at Sandon Village Hall at 7.30pm. If you have an interest in gardening, go along and join. New members are always welcome. Contact chairman John

Handley at: johnhandley5@ btinternet.com for more.

Sawbridgeworth

■ MORRIS MEET: Fiddlers' Brook Morris meet every Tuesday at 8pm at Allens Green Village Hall near Sawbridgeworth. Newcomers are welcome to go along and give it a try for fun, exercise and friendship and to help keep a tradition going. Musicians also welcome. Call 01279 723707 or email neilandgillmunro@aol.com or see our Facebook page.

Standon

■ TEEN DANCE: DDMIX (Diverse Dance Mix) dance fitness classes are held every Wednesday at Standon Village Hall for teenagers between 5.45 and 6.30pm, term time. No dance experience is required, just lots of enthusiasm and a pair of trainers. It costs £5, which can be paid on the door each week. Call Julie on 07971 699615 or visit: dancejamacademy. co.uk for more details.

■ FIT FOR ALL: Pure Stretch releases muscular tension, develops core strength, and reduces mental and physical fatigue. It is suitable for everyone, easy to follow, sociable and light-hearted. Call Denise for times and classes on 01920 823072 or 07703 277862.

■ CREATIVE LITTLE ONES: Art,

craft and messy play classes are held for under fives. The sessions are held on Wednesdays between 1pm and 1.45pm at Standon Village Hall. Email Becky to book a free trial at: artexplorers1@gmail.com or visit: www.artexplorers.co.uk for more information.

MUSICIANS AND MOVERS: Put a jingle in your step and become a morris dancer.

Have a bash at Cotswold dance traditions with Standon Morris at practice sessions on Thursday evenings.

The mixed side welcomes anyone from 10 years old upwards. No experience necessary, and it is

The group gathers from about 8pm onwards in The Star before heading down to Standon Village Hall at 8.30pm. Musicians are also needed to play.

To find out more, call Catherine on 07808 969379 or send an email to: standon.morris@gmail.com

Widford

■ PILATES CLASSES: Mondays 6.45 to 7.45pm and 8 to 9pm. Friendly and welcoming classes.

For more information or to book your first complimentary class (limited places) contact Anne at Active Health Pilates and More on 07717 333234 or email: activehealthpam@ gmail.com or visit www. activehealthpilatesandmore.com



Sisters make learning fun

ENTREPRENEUR Charlie Day started her own business, Sounds Right Phonics Classes for Kids in 2016, and has sold the 30th franchise just weeks before her 30th birthdav.

She and sister, Alex Burnside who lives next door, dreamt up this idea over a glass of wine and joked about how successful it could be.

The sisters felt they had the perfect skills to collaborate and launch their own classes which were fun and educational, so children don't even realise they are learning. Alex is a primary teacher with early years specialism, and Charlie has business experience.

Charlie commented: "Suddenly we were on a mission to get preschool children passionate about learning, teaching them easy phonics skills and preparing them for school.

"When we started this venture we never dreamt that it would be as big as it has become, but after brilliant feedback from classes we decided to franchise the business in 2017."

Ruth Ellis, a Sounds Right Phonics parent, said: "These classes are hugely beneficial and helped my son learn all of his letter sounds and prepared him for school."

According to the Department for Education, 28% of children in England do not have the required language skills by the end of Reception, and the Education Secretary is hoping to halve that number before 2028. '

"Our Sounds Right Phonics Classes for Kids totally supports this," continues Charlid, "and teaches children in a fun and engaging environment."

Fellow franchisee and ex-primary school teacher Sally Mann said: "The change I see in the children I teach is phenomenal and not just in terms of their understanding and application of phonics but also in their confidence and self-belief. It's amazing to see and wonderfully rewarding."

The Education Secretary also says that parents need extra support and advice when it comes to supporting their children at school and Sounds Right Phonics Classes completely agrees, and the classes ensure that parents have a good

The initial pilot franchises were Essex-based and both boomed in the first six months of business, so five more were added.

understanding of phonics and the

way the children learn.

Fast forward a year and there are classes across the UK and Charlie has just sold her 30th franchise just - the newly opened Harlow franchise ran by Isobel Ghadami from Harlow.

Alex said: "Charlie is passionate, driven and enthusiastic.

"I am not surprised that our business has been so successful with Charlie driving our sales forward.

'To have achieved all of this before her 30th birthday is just amazing."

The sisters have won multiple awards for their efforts with Sounds Right Phonics Classes for Kids, and Charlie has recently been shortlisted to take part in The Pitch 2018.

Sounds Right Phonics for Kids is looking for new franchisees.

For more information on how to get involved, or if you want to take your toddler to a class, visit www.soundsrightphonicsclasses. soundsrightphonicsclasses.co.uk

YOUR NEWS

We compile Your Community News pages two weeks in advance of publication. If you want to include a future event please make sure you tell us in plenty of time so our readers can come along

Find out more about new school due to open in Harlow next year



A PUBLIC consultation into Sir Frederick Gibberd College is being launched this month

The brand new secondary school and sixth form college is being opened by BMAT to provide a solution to the critical shortage of school places in Harlow by 2019. Year 7 will be the first cohort to

join the school in temporary accommodation next to Burnt Mill Academy in September 2019, with the sixth form to open once the school's new building is completed in Tendring Road.

The school will grow to an eightform entry for students aged 11 to 16, with a 500-place academic and selective sixth form for those aged 16 to 19.

A six-week consultation on the new academy is being held between until November 19.

Members of the public are invited to a consultation meeting on October 15 at Burnt Mill Academy to hear BMAT CFO Helena Mills CBF

and head of school Dee Conlon speak about plans for the new academy.

There will be opportunities to ask questions and share views.

Ms Mills said: "I am very excited about opening BMAT's brand-new secondary school in Harlow.

"I urge local people to come along

to our public consultation meetings to hear our plans for the new school and to share their thoughts and

You can also register your views online - and apply for a place for your child in Year 7 in September 2019 before the deadline of October 31 - at bmatsfg.org.uk

Diverse culture celebrated on night of entertainment

IN a sold-out Victoria Hall Theatre, Harlow Labour Party staged Stand Up for Harlow, an evening of comedy and music event which produced raucous laughter and joy, thanks to an eclectic mix of acts.

The event, which was held on September 15, aimed to showcase topical and highly engaging entertainment and feedback from audience members of all political hues suggests that it achieved just that.

Voices of Harlow Choir opened the evening before Braintree comedian Rob Saunders and second act. "the unashamedly middle class" Nick Hall warmed up the audience and set the tone for the evening with their wry observational comedy.

Next up was comic Jenan Younis whose routine drew heavily on her

upbringing as an "ethnic" in a 1,000pupil Girls School in Surrey and offered a wry look at the politics of the Middle Eastern regions of her parents' birth.

The second half opened with an excellent set from Harlow's very own Valaitis Brothers, before former The Voice semi-finalist, and now stand-up comedian Jordan Gray wrung every ounce of humour from the lived experience of a transgender female.

The evening took a joyful but surreal turn with the appearance of Kat Bond.

Her act, premised on a search for her family who abandoned her at birth in "a bin in Bush Fair", earned her another prestigious award at the Edinburgh fringe this year.

The final performance, Lolly Jones

as 'Burlesque Theresa May' brought the house down and ended the evening on a tremendous high.

The evening was seamlessly MCed by Harlow Young Labour's Rhiannon May-Jenkins, taking on her first ever comparing role and undoubtedly a rising star to watch

Harlow Labour Party's prospective parliamentary candidate, Laura McAlpine said: "Thank you and congratulations to everyone who helped make Stand up for Harlow the incredible success that it was.

"We're excited about organising more events like this which bring people together to have a good time and enjoy our wonderful and diverse

"Already we are discussing an even bigger event in Spring 2019. Watch this space.'



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Add tributes of condolence, light candles or add a picture/video to any notice.



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Register Today

Deaths

David John BRETT (John)

Passed away peacefully on September 26th, 2018.

A service to celebrate his life will be held on October 12th at 2 pm at Berden Village Ĥall, Chapel Hill, Berden CM23 1AE.

For further details contact Emma on 07845144958 or nrswrigs@hotmail.com



Add a tribute on

funeral-notices.co.uk

Joan Rhoda **CLOUGHLY**

Passed away peacefully on 21st September 2018 aged 92 years.

She will be sadly missed by family and friends. Funeral at Three Counties Crematorium on Tuesday 9th October at 3.30pm. Family flowers only but donations if desired to

Dementia UK via the In Memory Page

www.drobinson.co.uk All enquiries to Daniel Robinson & Sons 79/81 South Street, Bishop's Stortford, CM23 3AL 01279 655477

Judith Jane COLLINS 'Judy'

Passed away suddenly in Princess Alexandra Hospital on the 12th September 2018 aged 61. A much loved wife, mother and grandmother, Judy will be missed so much by her husband Mike, son Peter, family, friends and all who knew her. Judy's funeral service will be held at Great St Mary's Church, Sawbridgeworth on Tuesday 9th October 2018 at 10.30am followed by private interment in Sawbridgeworth Cemetery. Family flowers only please but donations for St Clare Hospice may be sent to Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth, CM21 9DB Telephone 01279-722476 Alternatively, please visit Judy's In Memory page at www.drobinson.co.uk

Violet DAY

Sadly passed away on 23rd September 2018, aged 96 years. She will be greatly missed by all her loving family and friends. Funeral service to be held at Parndon Wood Crematorium on Friday 12th October at 3.15pm Friday 12th October at 3.13pm
Family flowers only please.
Donations if desired payable to
'Cancer Research UK' may be sent
c/o Daniel Robinson & Sons, Wych Elm,
Harlow CM20 1QP Tel: 01279 426990
Alternatively, please visit the
'In Memory page' at www.drobinson.co.uk



Deaths

OLIVE HAWKINS

Sadly passed away on Thursday 27th September 2018, aged 89 years.

A dearly loved Mum, Grandmother and Great Grandmother will be always remembered and never forgotten. Funeral service will

take place at Parndon Wood Crematorium Chapel, Harlow on Friday 19th October at 2.30pm.

Flowers or donations payable to 'St Clare Hospice' maybe sent c/o Daniel

Robinson & Sons, Wych Elm, Harlow CM20 1QP. Tel: 01279 426990

Alternatively, please visit the 'In Memory page' at www.drobinson.co.uk

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Brenda HEDGES

Passed away peacefully on 27th September 2018 aged 81 years. Much loved Mum of Elaine; Nan to Ashleigh, Patrick & James and sister of Dennis. and sister of Dennis.

The funeral service will take place at
Parndon Wood Chapel on
Tuesday 16th October at 11:30am.
Family flowers only please.

Donations for Cancer Research UK may be sent
c/o Daniel Robinson & Sons,
Wych Elm, Harlow, CM20 1QP
or via the In Memory pages at
www.dychipson.ou.k www.drobinson.co.uk Tel: 01279 426990



KEVIN LUSHINGTON 16.03.1935 - 15.09.2018

Sadly Passed away at Basildon Hospital following Heart Surgery on 15th September 2018, Aged 83 Years. Kevin's Funeral Service is to be held on Friday 12th October 2018, At Our Lady of the Assumption RC Church, Mulberry Green, Old Harlow at 12.30 p.m. Followed by Cremation at Parndon Wood Crematorium, Family Flowers Only Please, Donations if Desired for Colne Ward at Basildon Hospital. Cheques made payable to BTUH Charitable Trust . All Further Enquiries and Donations to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238

MASTERSON FUNERAL HOME LTD

Ronald Raymond MARTIN

Ron died peacefully on 23rd September, 2018 aged 93. Dearly loved husband of Joyce for almost 70 years, loving Father, Grandfather and Great-Grandfather.

Thanksgiving Service at St. Mary's Church, Little Hallingbury on Monday, 15th October at 2pm.

Deaths



Peacefully at home, on 19th September 2018, reacting at noine, oil right September 2016, aged 93 years. The beloved Mum to John and Gill and a wonderful and loving Grandma to her 4 Grandchildren. She is now reunited with her beloved Husband Leslie and Son Philip. Hilda's Funeral Service is to be held on Friday 19th October 2018, at St Mary and St Hugh Church, Churchgate Street, Old Harlow at 2.00 p.m followed by Cremation at Parndon Wood Crematorium. Family flowers only please, donations if desired, for Maybury Open Door. Cheques made payable to Charities Account.
All further enquiries and donations to Masterson
Funeral Home Ltd, Independent and Family
Owned Funeral Directors, Station Road, Old
Harlow, Essex. CM17 0AS. Tel: 01279 626238

MASTERSON FUNERAL HOME LTD

Herbert Edward **PAGE** 'Bert'



Sadly away passed on 17th September 2018 Aged 101 Years.

Reunited with his beloved Doris. A Loving Dad, Grandad & Great Grandad, he will be so greatly missed by all who knew him

> Funeral service will be held at Parndon Wood Crematorium on Monday 15th October at 11.30am. Colours are welcome to be worn.

Family flowers only please Donations may be made payable to Royal British Legion or Help for Heroes and sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP Tel: 01279 426990 Alternatively, please visit the In Memory page at

www.drobinson.co.uk

Kenneth Roy REED (Roy)

Passed away peacefully on Friday 21st September 2018, aged 88 years. A dearly loved Uncle and Cousin who will be sadly missed by all his family and friends.

Funeral service to take place at Cam Valley Crematorium, Gt Chesterford on Tuesday 9th October 2018 at 3.00pm.

Family flowers only please but donations, if desired, may be made payable to either "Hearing dogs for deaf people" or "RSPCA"
and sent c/o

Daniel Robinson & Sons 79 - 81 South Street Bishop's Stortford CM23 3AL, Tel: 01279 655477 or via the "In Memory Donation Pages" at www.drobinson.co.uk

Death Notices are transformed into **lasting tributes** after 8 weeks online

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Light candles online

Deaths

Janine Coral WATERMAN

Monday, 3rd 57 years, So sad. Missed by all the family. place at St Mary's Church, Haverhill, Suffolk on 8th

October at 1pm

Passed away September, aged Funeral to take



Add multiple pictures to a notice online

funeral-notices could

Ernest Raymond WEBB (Ray)

WEBB, Ernest Raymond of Haverhill formerly of Harlow, passed away peacefully on Thursday 20th September 2018, aged 85 years. Beloved husband to Rita, loving Dad to Amanda and the late Philip, dear Father-in-law to Stuart, a much-loved Grandad to Ella and Freya, wonderful Brother to Rita, Betty and the late Pamela and a good friend to many. He will be sadly missed. Funeral Service at Parndon Wood Crematorium, Harlow, CM19 4SF on Thursday 11th October at 2.30pm. Flowers or donations if desired to Alzheimer's Research UK, may be sent c/o H. J. Paintin Ltd, 60 Withersfield Road, Haverhill, CB9 9HE. Tel 01223 891226

Albert Daniel WHEBLE

Sadly passed away on Wednesday 26th September 2018 aged 83 years. A much loved husband dad, grandfather and great grandfather who will be dearly missed.

In Memoriam

BATT CHARLES

8/10/1999

Rest peacefully my darling for although we are apart the precious love we shared still lives forever in my heart. Love You Always

Share your loved

ones notice with

family & friends

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Albert UPTON (Alby)

A year has passed since you fell asleep. Missing you and thinking of you everyday With love from Hazel and all your loving family xxx

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Add tributes of condolence, light candles or add a picture/video to any notice.

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Funeral Directors

Acknowledgements

John JOSLIN

Rene and family would

like to say a heartfelt thank you to the Harlow

Taxi Drivers who gave their time to join the cavalcade for John

Joslin's funeral on 27th September 2018. We felt

very touched by this and we know John would

have been so proud.

Rene and family

Arthur Donald

STEARN

Arthur's family

would like to express

their thanks to all

who attended his funeral. We were truly

overwhelmed by the

wonderful show of support, messages and

generous donations

made to Help For Heroes in his memory.

A thanks to Mr Steve

Stacey, the celebrant,

for conducting the service and finally

thank you to all

the staff at Daniel

Robinson & Sons,

Bishop's Stortford,

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Diamond Wedding Anniversary

Happy Diamond Anniversary



BRAYBROOKE Edmund and Florence

Congratulations on your 60th wedding anniversary. Thank you for being wonderful parents, grandparents and great grandparents xx

Lots of Love Julie & Colin. Deborah & Chris Michelle & Craig, Ellamay, Mia & Archie Michael, Frances & Steven, Harry & Molly Barry & Pam, Eloise & Isabella.



Golden Wedding Anniversary

Golden Anniversary



WILLIAMS **Coral and Ray**

To Mum and Dad, Congratulations on your 50th Wedding Anniversary, 5th October 2018.

Wishing you a very special day

All our love Gav, Barry, Susan ar xxxxx





family-notices.co.uk

CHILDREN'S WEEK



LONESOME BOG AND LITTLE DOG

by Iona Tulloch and Harry Woodgate, Little Forest Publishing, £6.99

CANADIAN-BORN but Scotlandraised, Iona Tulloch now lives in Ashdown Forest, Sussex, and her love for and connection to nature is abundantly clear across the pages of Lonesome Bog And Little Dog.

Illustrated in a vibrant, mixedmedia style by Hertfordshire's Harry Woodgate, Lonesome Bog is a story of an unlikely friendship between two outcasts: The anthropomorphic bog who is shunned for being "too messy and a tiny terrier who is bullied by the local dogs – and their owners - simply because of his size.

Their fateful meeting and development of a special connection help the neighbourhood realise the true value of the bog and its hidden beauty, while Little Dog is similarly redeemed.

Children who are beginning their reading adventure will enjoy the tale as much as older budding readers, and there is a strong thread of Stig of the Dump nostalgia for parents to enjoy.

Review by James Caan

KIDS' BUY 📖 OF THE WEEK



RIVER Island welcomes a new addition to its fashion family this autumn with the arrival of ŔI

Designed to fit babies from newborn to 12 months, the 80-piece collection features gender-neutral clothing with focus on comfort, practicality

and luxury.
From the coming-home outfit to birthday parties, christenings and Christmas, you will find a cute

little look here.
The range lands in stores and online at riverisland.com this month priced from £5-40.

LL mums and dads worry about their kids. But does that make it alright to 'spy' on them? Increasing numbers of parents are using GPS tracking apps on their phones so they can always tell exactly where their children are.

Chef Jamie Oliver has admitted to using one such app, Life360, to keep an eye on the older of his five children, saying it's a 'brilliant' way to check where daughters Poppy

Honey, 16, and Daisy Boo, 15, are. But using this type of surveillance on adults might be considered harassment, and while they may give peace of mind to anxious parents, the counter-argument is that they're not helping young people learn to be independent and keep safe on their own.

Jeremy Todd, chief executive of the parenting charity Family Lives (familylives.org.uk), says his organisation is concerned about a parent feeling the need to track a young person, pointing out that they should instead be talking about any concerns with their child.

"We're concerned that there's a false sense of safety - just because a parent knows where a child is, doesn't mean the child's safe or that the concerns a parent has about their child's wellbeing have been addressed," he warns. "We don't want it to be something that prevents parents talking to their children about being streetwise.

"Parents need to allow their children to grow up to be independent, and there's a sense that this has the potential to prevent that happening in a healthy and natural way. How would we have felt as teenagers knowing our parents always knew where we were? Part of being a teenager is exactly the opposite of that."

Jeremy says tracking raises important questions around consent, suggesting some parents may feel that because they pay for their child's mobile phone, they're entitled to know where their child is all the

'You're entitled to establish what the parameters are around communication with your son or

daughter, but that's not the same as tracking them," he says. "The most

AS JAMIE OLIVER

ADMITS HE USES AN

APP TO LOCATE HIS

LISA SALMON ASKS

SHOULD WE TRACK OUR KIDS?

TEEN DAUGHTERS,

important thing is having a conversation about communication about parents ringing kids at the right time, and about

notion of tracking someone feels uncomfortable."

Even after having such

Jamie Oliver

conversations with their children. some parents may still want to use a tracking app. So what are the pros and cons of using such technology?

ADVANTAGES

Peace of mind for parents: Sten Kirkbak, co-founder of the tracking watch phone XPLORA (myxplora. co.uk) says the main benefit of tracking a child, for the parent, is instant peace of mind.







The twins' first birthday offers us cause for

WE HAVE made it.

The twins are healthy, happy and 12 months old.

If I were to sum up the last year, I'd say it's been like climbing a mountain, only you've forgotten your sandwiches, are wearing flip flops and suffering from a heavy cold.

There are little glimpses of joy on the long arduous trek because you've still got crisps, a Snickers and a flask of tea but you're woefully underprepared for this kind of physical and emotional test.

There have been times

when I've thought 'we're not going to make this, I can't go on' – usually at 5am when they're both crying, work is just a few hours away and you're not sure where the smell of poo is coming from.

The problem is there's no alternative. Your only option is to just plough on in the hope you might solve the cause of ťheir distress.

Well, there probably is an alternative, but Victoria wouldn't like it if I walked out the house and slept in the car or booked into a Travelodge.

This milestone of one year

also happened to coincide with a definite contender for one of the toughest weeks.

A virulent strain of an as-vet-undiscovered virus had reduced us all to feeble shadows of our former selves.

Everyone in the house was ill to varying degrees at different times. My mum caught it. Victoria's mum caught it. We were operating at a muchreduced capacity with two sick children and a plethora of unwell adults, then something marvellous happened.

They began getting over the illness and it felt like everything



How would we have felt as teenagers knowing our parents always knew where we were? Part of being a teenager is the opposite

> Jeremy Todd, chief exec of parenting charity Family Lives

of that...

worry if a child doesn't answer the phone straight away. Through GPS tracking, a parent can receive a quick update and put their mind to rest

Gives kids more freedom: Sherlock actress Amanda Abbington has said she installed a tracking app on her

12-year-old son Joe's phone, pointing out it gives him more freedom because knowing where he is means she's more relaxed about letting him go further afield.

Reassurance for children: Location tracking can also be reassuring for the child, particularly if they get lost. This is especially useful if a child wanders off in a crowded place, says Sten: "Knowing their parents

can locate them at any moment can alleviate the immediate sense of panic a child feels when they realise they're lost."

DISADVANTAGES

Kids may become more secretive:

Young people may respond to being tracked by becoming increasingly secretive, for example, leaving their phone at a friend's house so their parents think they're there.

They don't become streetwise: Young people run the risk of not learning to be independent and safe on their own.

Internet and social media access:

Children need a smartphone for their parents to install a tracking app, but this can expose them to the potential dangers associated with social media and the internet such as cyberbullying, inappropriate contact with strangers and unsupervised access to inappropriate information.

Trust issues If they're being tracked, young people may feel their parents think they can't be trusted. By contrast, if they feel they are trusted, such responsibility can help them behave in a trustworthy manner. Sten says: "Teenagers might feel

they're mistrusted and controlled by 'helicopter' parents. Make sure the discussions you have with them are transparent and listen to their feedback.

'In my view, the use of these apps should always be a two-way thing. Jamie Oliver is transparent about the fact that his children can also see where he is, so that they too can locate him. This means no-one is being 'spied' upon; rather, the whole family is connected, able to easily see and locate each other if needed."



KIDS' PUZZLESI

SPOT THE DIFFERENCE



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ARGON ARSENIC BISMUTH BORON CADMIUM COBALT COPPER

HELIUM IODINE TITANIUM URANIUM XENON ZINC

optimism... and a party food binge



was just working out beautifully. Emma and Thomas were playing together, eating heartily, smiling, laughing and chatting.

We'd not only managed to keep the twins alive, but made a good job of it. They were healthy, happy babies and

I could see the clouds clearing and a glorious summit rising above the mass of wet wipes, Dettol, filthy body suits and Sudocrem.
Unfortunately, this return to form

was too late for the twins' birthday party, which was much reduced in numbers after a warning to guests about the virus.

Not really a bad thing as the party buffet I'd ordered, provided the few of us there with a feast of Roman proportions.

Yes, it was all looking good and we were far better equipped to climb the mountain of the second year. And this time we had some leftover sandwiches courtesy of M&S.

Solutions





Playing the fame game

A STAR IS BORN (15) by DAMON SMITH

STAR is reborn in the third remake of the rags-to-riches fairy tale, which originally starred Janet Gaynor and Fredric March.The 21stcentury twinkling doesn't emanate from pop chameleon turned award-winning actor Lady Gaga, who is undeniably luminous as a naive and vulnerable ingenue rocketing into the musical firmament.

No, the film's retina-searing ball of light is Bradley Cooper as her grizzled mentor and lover.

The Philadelphia-born leading man nestles confidently into the director's chair for his debut feature but he truly dazzles in front of the camera, drenched in the sweat and self-loathing of a booze-soaked showman, who is staggering towards the precipice of oblivion.

In her catchy 2011 dancefloor anthem Gaga proclaimed she was on the edge of glory. Here, her handsome co-star is perpetually on the verge of selfinflicted annihilation, beholden to the demons of alcohol and drugs, which provide his veteran singer-songwriter with temporary refuge from the tinnitus that will eventually deny

Cooper rocks and rolls in exhilarating concert sequences and performs his character's signature tracks with gravellyvoiced aplomb including a duet with Gaga on the swoonsome ballad Shallow.

Both actors are serious contenders for Oscar consideration next year.

Jackson Maine (Cooper) continues to milk success with the support of his brother and manager, Bobby (Sam Elliott), who resents the way his younger sibling puts their old man on a pedestal.

Following a concert, Jackson heads to the nearest bar where he is stunned by a soaring rendition of Edith Piaf by waitress Ally (Gaga).

They spend the night talking and flirting, and Ally discloses that she lives at home with her protective father (Andrew Dice

Potential radiates from every pore of Ally and Jackson invites her to join him at his next gig where their on-stage performance goes viral and attracts the attention of cut-throat manager Rez (Rafi Gavron).

AS Rez moulds Ally's destiny and propels her towards superstardom, Jackson's influence wains and fissures appear in the relationship.

The caterpillar becomes a butterfly..."

WARNER BROS

A Star Is Born is far grungier andsexier than the 1954 and 1976 remakes headlining Judy Garland and Barbra Streisand, although the script credited to Eric Roth, Will Fetters and Cooper dances to the same heart-breaking melody as previous incarnations.

Screen chemistry between

pling off the screen in breathlessly choreographed bedroom scenes.

Elliott strums up powerful emotions in support alongside London-born Gavron, who won't allow a crazy little thing called love to distract his showgirl-in-the-making from seizing success with both hands.

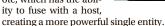


ALSO OUT THIS WEEK

VENOM (15, 112 mins) RELEASED: October 3 (UK & Ireland)

Fleischer, director of Zombieland and Gangster Squad, masterminds this big budget spin-off from the Spider-Man universe, which introduces us to one of the webslinger's most fearsome adversaries.

Carlton Drake (Riz Ahmed), director of the mysterious Life Foundation, acquires amorphous extra-terrestrial matter called a symbiote, which has the ability to fuse with a host,



Using vulnerable people as test subjects, Drake secretly experiments with the symbiotes, which alter the human host's personality.

Tenacious investigative journalist Eddie Brock (Tom Hardy), whose girlfriend Anne Weying (Michelle Williams) works for a firm which represents Life Foundation, investigates Drake and he comes into uncomfortably close contact with one of the symbiotes.

As a result, the entity fuses with Eddie.

His body undergoes sudden transformations and he hears a chilling voice in his head.

Slowly morphing into a hideous creature called Venom, Eddie attempts to keep control of his faculties but each spectacular battle brings him closer to surrendering to the dark side of his emotions



JOHNNY ENGLISH STRIKES AGAIN (PG, 89 mins) Released: October 5 (UK & Ireland)

SEVEN years after Rowan Atkinson's MI7 agent blundered through the lacklustre sequel Johnny English Reborn, he dusts off that licence to kill for an actionpacked third mission under the direction of Oliver Parker.

A devastating cyber attack exposes the names and locations of active MI7 agents, forcing agency boss Pegasus (Adam James) to reinstate retired operatives.

English (Atkinson) and former sidekick Bough (Ben Miller) eagerly answer the call to arms and begin their haphazard investigation into the source of

the digital skulduggery.

In the process, English meets a beautiful yet deadly Russian spy called Ophelia (Olga Kurylenko), who has been ordered to kill her British rival.

Thankfully, she doesn't fulfil her mission and English employs his unique skill set to identify a deadly threat to the prime minister (Emma Thompson) at a forthcoming meeting of the G12.

Primitives arrive in the modern day

By MARTIN NEAL

martin.neal@reachplc.com @harveywahwah

WHEN indie popsters The Primitives decided to make a shock comeback 17 years after they'd last made music together, guitarist/songwriter had barely touched his guitar in a decade and decade and wasn't even sure if he could play it.

As it turned out his worries were unfounded and now, nine years later, the band who brought us the quite wonderful Crash as well as a string of other memorable guitar-based pop belters, are still going strong.

Having called it a day in 1992 after third album Galore had failed to earn the commercial success they'd hoped, it was tragic circumstances that brought them back together in 2009.

Bass player Steve Dullaghan died at the heartbreakingly early age of 45 and after the remaining members - Paul, singer Tracy Tracy and drummer Tig Williams - met up at his funeral, they decided the time was right to give it another go.

"We heard the awful news that Steve had died," explained Paul, "and we hadn't seen each other for quite a few years.

"Tracy was living in Argentina, although she'd just come back to Coventry at that point, so we all met up at the funeral.

"We hadn't fallen out or anything, we'd just bot been in contact. Tracy had lived in Argentina and Spain and there was no Facebook or anything back then."

Back together and with Raph Moore taking up bass duties, the band accepted an invitation to play at an event celebrating the music scene in their home city at the Herbert Arts Centre.

"Initially the idea was just to do something in Coventry," explained Paul, "and at a little club in London where I'd done some DJing.

"We didn't think we could make any money so we were quite shocked at the reaction - we didn't think it would go anywhere.

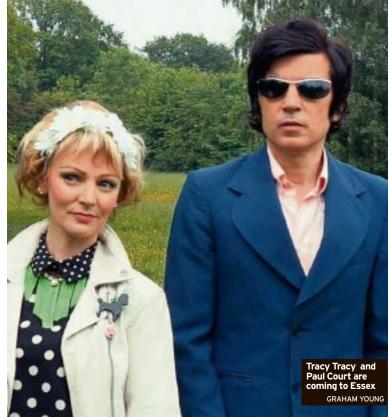
"We didn't think anyone would be interested, but in London we played in a 200-capacity venue and it was packed out.

We thought about 50 people would turn up." After 17 years away from it, suddenly they were back in the old routine.

"It was a bit strange at first," admitted Paul, "but a lot of it is still programmed in there. It felt a little bit like going back to school but then the music took over."

Paul had continued in music for a while after the Primitives' split, before embarking if we could go back. on a career in art and design.

"I didn't forget about music," he said, "I listened to more of other people's music than I'd ever done but I didn't touch my guitar for 10 years, except to pick it up every



MAKING MUSIC IS 'ELABORATE HOBBY' NOW FOR 'CRASH' HITMAKERS

now and then just to make sure I could still play it."

These days The Primitives operate in a much more relaxed landcap. No pressure to hit a high chart position to keep the record company happy, no pressure to stay on the right side of being this year's last year's thing.

"There isn't the pressure," said Steve, "although we didn't feel the pressure before. the year, when they'll be playing at Chin-It was all about what we were going to do today for us and that's something I'd change

"Now we just hope a venue is half-full when we play there and it usually is. We're not making a living from it, it's an elaborate hobby really rather than a career."

The band has released two albums since

reforming but Paul admitted: "I'm not sure The Primitives will record anything again. It's a lot of work for not much reward."

Back in the day, though, Paul and his band were pop stars, there's no doubt about

"It as nice to be pampered," he joked as he looked back to days of Top of the Pops appearances and chart hits.
"We were looked after, a car would turn

up to pick us up and then we'd get back in it when we were finished.

"We don't even use roadies now! We probably could but it cuts costs and we can carry our own amps in and out."

Nowadays The Primitives do about 20 dates a year at home and abroad. They've been to the USA a few times and an trip to Japan is in the diary.

Their next batch of dates is at the end of nerys in Southed on Wednesday, December 5.

Naturally Crash is one of the most anticipated songs on the setlist but Paul says: "It's not our favourite song. It's in our top ten but we still think we have done better songs. It was the gateway to our music to a lot of people though."



KUBRICKS, Bassment, Chelmsford, Friday, October 5

SKA favourites The Kubricks return to the Bassment with their winning blend of ska, reggae and pop that always going down a treat in Chelmsford. Supports comes from Spencer M Taylor and Groovey Psycho, Louise Parker and Leanne Louise.



KAISER CHIEFS, Cliffs Pavilion, Southend, February 17, 2019

HAVING just resigned with Polydor/Universal, Kaiser Chiefs have just announced a tour for early next year and revealed their working on their seventh studio album with Ben Allen. You might hear new tracks when they call into the Cliffs Pavilion in February and you'll definitely all their best-loved songs like I Predict A Riot, Oh My God and Never Miss A Beat.



ANNE-MARIE, Cliffs Pavilion, Southend, May 23, 2019

ESSEX'S own Anne-Marie is the biggest selling act of 2018 so far, her debut album Speak Your Mind, a fixture in the UK charts since its release in April selling more than 130,000 copies and yielding hits like 2002 and Friends. She's just finished a stadium tour supporting Ed Sheeran and is now heading out on her own tour in 2019 coming to the Cliffs Pavilion

PERFECT FOR A NIGHT IN INGREDIENTS

(Serves four to six as a starter) 250g Tunworth cheese in a box A few sprigs of thyme Hot crusty bread or toasted bread crisps, to

For the fig and apple

chutney:5 juniper berries
1tsp coriander seeds 2 cloves 2 cinnamon sticks 2 star anise 400ml cider vinegar 200g Bramley apples, peeled and grated 130g white onions, finely diced

METHOD

1. Preheat the oven to 200°C/180°C Fan/Gas Mark 6. Meanwhile, to make the chutney, put the juniper, coriander, cloves, cinnamon and star anise in a piece of muslin and tie it with string to form a bag. 2. Put the bag in a large, heavy-based saucepan with all the remaining ingredients, except the Calvados and diced apple. Slowly reduce over a low heat to a thick, jam-like consistency, stirring regularly so it doesn't catch. 3. Add the Calvados and reduce for one to two minutes to the

same consistency.

300g demerara sugar 100ml fresh apple juice (shop-bought is fine) 130g dried figs, roughly diced 60g golden raisins 1tsp salt 20ml Calvados 1kg Granny Smith apples, peeled, cored and diced

WHOLE BAKED

TUNWORTH WITH FIG

AND APPLE CHUTNEY

4. Add the diced apple and cook gently for five to six minutes, until the apple is tender but still holds its shape and you have a thick chutney. Remove from heat, cool at room temperature, then transfer to a container and chill in the fridge. 5. Make a few slits in the top of the cheese and poke the thyme sprigs into the slits. Put the cheese, in its open box (top of the box removed), in the oven and bake for 20 minutes until soft and gooey. Remove from the oven and serve immediately in the box, with the chutney and hot crusty bread.

Living on the veg

CLAIRE SPREADBURY takes a leaf out of chef Simon Rogan's new cookbook

HEN you first approach Simon Rogan, he doesn't seem especially friendly. He's a very busy man - part chef, part farmer, running multiple restaurants, gunning for more Michelin stars, setting up new establishments and barely home to hang out with his family.

But the second you get him in a kitchen, his whole demeanour changes. He's instantly more at ease; chattier, jokier, and eager to get stuck in.

When we meet at Roganic - his latest venture, which grew from a temporary pop-up back in 2011 to a permanent restaurant that opened in January – he's about to launch his very first cookbook.

At the age of 50, with two Michelin stars for his bestrestaurant-list-topping L'Enclume in the Lake District's Cartmel, you'd think he'd have a couple under his belt already.

"I was never really that bothered," he says with a shrug, turning some charred spring onions on the hot plate as he

Simon is a grafter. And his passion for food - and farming - shines through with every word he utters. He's looking good, slightly trimmer than normal, which is down to him having a bit of a vegan stint.

"It doesn't really work, because of the tasting, but when I'm on my own I try to eat really healthily.
"There's a busy six months

coming and I need to lose a bit of weight and keep fit. And I have loads of vegetables that need eating," he says, tapping his tummy, blue eyes lighting up. "Last night, I fried some



courgettes, peppers, mushrooms - I really love mushrooms tomatoes, garlic, and I had a cheeky little bit of curry sauce left over, so I coated it all and just ate that. And I had water, not a gin and tonic."

Essentially it's "head down" until October, while he focuses on consistency at all of the restaurants (he has four in total), in the hope of a smattering of those all-important Michelin stars this autumn.

He's also in the process of setting up a new restaurant. It's still very hush-hush, but he accidentally reveals it should be all systems go this time next year and somewhere in the Far East.

So why has it taken him until now to bring out a book, and

what does he hope to achieve with

"I'd like to encourage more people to cook and grow their own veg," states the chef, slamming the worktop with passion. "I'd



like to see more people eating less meat, so there's less cattle feeding on the wheat that could feed the starving. There's so much overproduction of beef to feed the world and our fast-food habits," he continues.

"That's why I have stints of eating no meat whatsoever. I'm not a vegetarian, I enjoy meat, but I don't gorge on it like I used to. And I definitely feel better for it."

Simon happily shows me how to cook and plate his food. We start with a simple tomato

broth. And it is simple. Essentially, we're just assembling three tiny cubes of trout, radishes, beetroot, turnips and onions, before placing herbs, leaves and flowers on top, and then dousing it in a liquid form of tomato, which tastes utterly divine. I'm delicately placing marigold flowers and nasturtiums for about five minutes. In reality, this dish should be plated up in 30 seconds.

He feigns being impressed at my swirls of sweetcorn puree, which form the base for a gentle pan-fried sea bass, charred sweet corn and spring onion dish. And he happily tells me how his moreish truffle pudding is made from squashing down croissants.

As for Simon's book, it is

exactly what we need. A little inspiration to grow more, cook at home, and take time over our food.

If we all make a little start, we help the planet and our pockets all at the same time.

Rogan: The

Cookbook by Simon Rogan is published by HarperCollins, priced £30.

EVERY year I don my 'Scientific Experiment' hat ahead of International Sherry Week and mix and match a glass or two with some tasty morsels.

I browsed 101 Great Ways to

Enjoy Sherry (details later) for sherry and food pairings. **Tio Pepe Fino** (RRP £10,

75cl, widely available) is my first match and a fino is perfect with salty foods. I flashed padron peppers in a pan with olive oil until they blistered, then sprinkled with sea salt. Oh my, so incredibly moreish. I'd chilled the fino and its cool almond, savoury nature was a perfect glass with the warm. salt-smothered peppers.



Morrisons has a good range of inexpensive sherries and **Oloroso Dry Sherry** (£6, 37.5cl) won the best value fortified wine under £8 at this year's International Wine Challenge.

Oloroso means "fragrant" and it is certainly that. It begins life as a fino but is then aged in American oak casks. The air contact creates a mahogany-coloured sherry which has aromas of sweet figs, Bonfire toffee, hazelnuts and raisins. The sweet nose is deceptive, as in the mouth it is dry and a good contrast with my plate

of chorizo and Spanish hams. While I've been writing this, some albondigas Spanish meatballs have been simmering. I'm pouring a drop of **Del Duque 30-Year-Old** Amontillado VORS (RRP £19.99, 37.5cl, Ocado, Oddbins). VORS means "very old rare sherry" and indicates a wine which has been ageing for over 30 years. This then, must be special.

The nose is intense with dried fruits, apricots, and burnt caramel. The albondigas were dashed with wine, smoked paprika and garlic; the woodiness of the paprika together with the heart and soul flavours of the very old amontillado is brilliant.

A sister sherry to Del Duque, from González Byass, is **Noe 30-Year-Old Pedro Ximenez VORS** (RRP £19.99, 37.5cl, Ocado, Waitrose Cellar, Majestic). If I'd remembered to buy ice cream or tiramisu I'd be able to tell you first-hand that this PX is the most wonderful way to add a flourish to dessert. It's rich with notes of molasses, black treacle and

Aldi has a new sherry range including Exquisite Collection Cream Sherry (£5.99, 50cl) which I poured with a slice of Stilton. The sherry isn't as overpowering as some creams can be. It is more subtle but it still delivers a silky waltz of dried fruits and toffee.

It took off on that palate dancefloor with the cheese and together they didn't put a foot

wrong. P.S. Look out for a new sherry in the Co-op during International Sherry Week. Mil Pesetas Manzanilla Sherry (£6.50) will be available pre-chilled from October 8.

■ The 5th International Sherry Week takes place from October 8-14. Follow #sherrywines on social media; go to sherry.wine or tiopepe.co.uk/category/events to see if there is an event near you.

■ Download Fiona Beckett's e-book 101 Great Ways to Enjoy Sherry (£4.50) from matchingfoodandwine.com

■ Jane is a member of the Circle of Wine Writers. Find her on social media and online as One Foot in the Grapes.

(Serves four)

For the butter-poached brill: 500g unsalted butter, 4 portions of brill, about 80g each For the griddled asparagus: 20 spears of green asparagus,

rapeseed oil, pinch of salt For the watercress cream sauce: 50ml double cream, 100ml White Chicken Stock (see below), 150g watercress with stalks, Pinch of salt For the white chicken stock:

3kg chicken wings, 5ltrs water, baby watercress and cornflowers to serve (optional)

METHOD:

1. To make the stock, roughly chop the chicken wings and put them in a large, heavy-based saucepan with five litres of water. Bring to the boil over a medium heat, reduce the heat and simmer for two to three hours, skimming occasionally. Remove and leave to cool, then strain through a muslin-lined sieve. Keep it covered in the fridge and use within four days. 2. Place a large, heavy-based saucepan over a medium heat. Add the butter and cook until it foams. Then reduce the heat and let the butter cook for another 10-15 minutes, until it



reaches a very dark brown colour and has a nutty aroma. Remove the pan from the heat and allow to cool. When cool, strain through a muslin-lined sieve and discard the milk solids.

3. For the sauce, put the cream and stock in a small, heavy-based saucepan over a low heat and reduce by half. Transfer to a blender with the watercress and blend until smooth. Pass through a fine sieve and season.
4. Bring a large saucepan of salted water to the boil. Peel each asparagus spear and snap off the woody part. Blanch for two minutes, or until tender. then remove and refresh in a bowl of iced water Drain and leave to dry on kitchen paper. When dry, coat each spear with

a drizzle of rapeseed oil and scatter a generous pinch of salt over all of them. Heat a griddle pan over a high heat, add the asparagus and grill for three minutes, or until slightly charred.

5. In a medium, heavy-based saucepan over a low heat, bring the browned butter to a temperature of 55°C. Remove from the heat, add the fish and leave to cook gently in the residual heat of the butter for 15-20 minutes. Remove the fish from the butter and drain on

kitchen paper.

6. Divide the asparagus among plates. Spoon the watercress sauce on to each plate and place the cooked fish on top. Finish with baby watercress and cornflowers, if you like.

INGREDIENTS:

(Serves six)

For the damson filling: 300g damsons, 2tbsp (heaped)

For the chocolate fondant: 250g unsalted butter, plus extra softened, butter for greasing, 3tbsp cocoa powder, plus extra for dusting, 250g dark chocolate (60% cocoa solids), broken into pieces, 5 eggs, plus 5 egg yolks, 125g caster sugar, 100g plain flour

METHOD:

1. Brush six dariole or pudding moulds evenly with softened butter. Place on a baking tray and chill the moulds for 10 minutes in the fridge, until the butter has set. Once set, brush them again with softened butter and dust the insides with the cocoa powder, tapping out any excess powder that hasn't stuck. Chill the moulds again until

required.

2. To make the damson filling, put the damsons and 100ml water in a medium, heavy-based saucepan and bring to the boil over a medium heat. Reduce the heat to a simmer and cook the fruit for 10-12 minutes. Strain the cooked damsons through a fine sieve into a clean, heavy-based saucepan, pushing as much of



the pulp as you can through the sieve, using the back of a spoon or ladle. Discard the damson stones. Add the sugar to the damson juice and cook over a low to medium heat for 15-20 minutes until the mixture has the consistency of jam. Remove from the heat and allow to cool slightly. Divide the damson mixture between six holes in a 20ml ice-cube tray and transfer to the freezer until hard. 3. While the damson filling is freezing, melt the butter and chocolate together in a heatproof bowl, set over a pan of simmering water (make sure the bottom of the bowl doesn't touch the water), stirring regularly. While the chocolate is melting, whisk the whole eggs, egg yolks and sugar in a stand mixer, on high speed until pale,

light, fluffy and quadrupled in size. Transfer to a bowl and fold the melted butter and chocolate mixture through the eggs. Once fully incorporated, sift in the flour and fold through again. 4. Put the fondant mixture in the fridge for 10 minutes and preheat the oven to 180°C/ 160°C Fan/Gas Mark 4. **5.** Keeping the moulds on the tray, pour 50-60g of the chilled fondant mixture into the bottom of each chilled mould, gently add one frozen damson cube and cover each cube with 50-60g of fondant mixture. Bake the fondants for 12-13 minutes, then remove from the oven and allow to sit in the mould for two minutes, before turning out on to plates. Serve immediately, dusting with cocoa powder.

Travel

Reader Offers

FLYING FROM HEATHROW, MANCHESTER AND NEWCASTLE



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14 days from £1799 Flying from an airport near you, Jan to May, Sept to Nov 2019, Jan to May, Sept to Nov 2020 Take in the Golden Triangle, sacred sites and northern India's alluring countryside.

Tour highlights

- ✓ Guided tours of New Delhi and Agra, a rickshaw ride through Old Delhi
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- A stav in Ranthambhore National Park includes two safaris
- Visit the Taj Mahal, the 'Palace of the Winds' and Amritsar's Golden Temple
- Visit Jallianwala Bagh memorial park A Himalayan foothills drive
- ✓ Explore 'Heritage Village' Pragpur
- ✓ Fully escorted by a friendly, experienced tour manager
- 12 nights' half-board hotel accommodation, seven lunches, plus one night on the aircraft, return flights and transfers

*Applies to bookings made by 31 Oct 2018. Subject to availability & may be withdrawn at any time.

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awe-inspiring Grand Canyon. Tour highlights

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- ✓ Call at Steinbeck's Monterey and exquisite Carmel-by-the-Sea
- ✓ Journey south along the Pacific Coast Highway
- ✓ Spend three nights in Los Angeles
- ✓ Full day tour to sun-kissed San Diego
- Non-stop, 24-hour Las Vegas
- A full-day visit to the Grand Canyon, one of the most breathtaking, eye-
- popping sights on Earth
- ✓ Visit the movie capital Hollywood
- ✓ Fully escorted by a friendly,
- experienced tour manager √ 12 nights' touring hotel accommodation, plus one night on the aircraft, return flights and transfers

*Applies to bookings made by 31 Oct 2018. Subject to availability & may be withdrawn at any time.





Discover more on an escorted tour!











IFFSTY



HEN it comes to healthy eating, the rules can be pretty unclear. One minute we're told we should be cutting out dairy and gluten, and the next carbs are the sworn enemy - then suddenly they're not again.

It also doesn't help that there are trendy new diet plans emerging every year, with contradicting ideas on the best ways to keep trim. Then there are the Insta-fuelled trends, all too often with unqualified 'experts' promoting them, and fads that involve miserable periods of fasting, splurging on expensive ingredients or nixing entire important food groups from your diet. It's no surprise then, that being 'healthy' can often seem like a type of torture.

Yet many dieticians and nutritionists believe the basics of eating right never really change, and there are a few simple and inexpensive rules that everyone can adopt to achieve a healthier lifestyle this autumn - with results that will last.

We asked dietician Helen Bond to explain what she personally considers to be the most important



things to keep in mind when it comes to eating well - and, thankfully, they're a lot more palatable than you might expect..

PRIORITISE PLANT-BASED FOODS

IF you're still living by the 'meat and two veg' mantra, it's time to throw out the old rule book. "We should be prioritising plant foods over animal foods now," says Helen.
"If you look at the new 'Eat Well' guide by Public Health England, plant proteins are now advised over

Plant-based diets are high in vegetables, wholegrain bread and cereals, legumes and whole fruits, but they can still contain small amounts of lean meats and dairy products. "I'm not saying that meat is bad, it's just not as sustainable and is not as healthy for us as having a focus on plant-based products, which is why a lot of European cultures who are associated with longevity of life opt for them instead – such as the Mediterranean diet," notes Helen.

BUT YOU DON'T HAVE TO GO FULL VEGAN

"I DON'T actually recommend veganism or vegetarianism," says Helen. "I think they have lots of health properties associated with them; the more fruits and vegetables you can include in your diet, the better the outcome in terms of cardiovascular health and preventing cancer. However, I think if you try and make your diet mostly plant-based, you can also have some oily fish and lean red meat on the side.

The rules? Have it less often, make it really good quality meat, and make sure it's not the core of your dish.
"I always say to make vegetables

and wholegrains the star of the plate and make the meat the accompani-

ment to whatever else is on there,' adds Helen. "Historically, we think of a big piece of steak and little veg, whereas if you flip it on its head, it's a much better way of eating."

3 EAT GOOD SOURCES OF VITAMIN D IN THE WINTER

"WE don't manufacture vitamin D, which is linked to immunity and mood, in our skin from September to March as there is less sunlight during this period in the UK, so as well as taking a supplement of 10mcg, you need to top your levels up with food sources of Vitamin D."

Good food sources of vitamin D include oily fish, egg yolks, certain types of mushrooms and fortified cereals and milks.

EAT A PORTION OF OILY 4FISH PER WEEK

OILY fish have oil in their tissues and in the belly cavity around the gut, and include salmon, trout, sardines and herrings. Helen says that you should aim for one cheque-book sized portion per week, as these sea creatures contain important omega-3, which is vital for our brain health, heart health, triglycerides (important for general function and regulating energy levels) and maintaining healthy blood pressure.

According to Helen, fish contain long-chain omega-3s called DHA and EPA, but there are plant-versions too: Walnuts, chia seeds, flaxseeds and linseeds are all good sources of

short-chain omega-3s called ALA. "Short-chain gets converted in the body to long-chain omega-3s, but the conversion rate is not greatly efficient, so that's the only shortfall for veggies," Helen adds.

TRY USING THE 80: 20 RULE REFRESHINGLY, Helen says that



check the content of

our favourite tipple

"I always say that if you eat well 80% of the time, you're allowed to have the occasional treats 20% of the time," she explains. "It's all about trying to put any sweet or fatty treats into the context of an overall balanced diet."

MAKE SMALL BOOZE SWAPS

DID you know that alcohol is just below fat in terms of calories? A gram of fat is about nine calories, a gram of alcohol is seven.

"People just aren't aware of how many calories are in alcohol, and it can be a minefield on a night out," says Helen.

. "The best way to tackle your intake is in making small swaps. Alternate between a glass of wine and a glass of water to rehydrate yourself, make white wine spritzers and use low-calorie mixers to reduce the calorie content. It's always good to check the content of your favourite drink so you can see how many extra calories you're consuming."

PRE-LOAD WITH WATER

HELEN has a simple trick for avoiding overeating at the dinner table – try having a glass of water before you tuck in. "Overall hydration is really important for slimming down, and there's been quite a lot of research with regards to pre-loading before a meal," she says. "If you have a glass of water before you eat, it helps take the edge of the appetite. It's like having an apple before a meal; an apple is pretty much 85% water, so it can take the blunt off vour hunger, and the same goes for soups

8 IT'S ALL ABOUT BALANCE AND MODERATION

WITH all of the trendy diets that come in and out of the media, it's easy to get confused on what to eat and which diet to follow, but living well doesn't have to be complicated.

"I always live by the old mantra: Balance and moderation," says Helen. "It's not exactly sexy and it never makes media headlines because there are much more enticing things to read about, but it works for a reason."

Entertainment & Leisure

Concerts

What's Happening in Chelmsford?



Weight Loss Seminar at 2pm, 20th Oct 2018 at Trinity Methodis Church Hall. Opp. County Hotel

PAIN-FREE WEIGHT LOSS IS POSSIBLE. LET US SHOW YOU HOW Ketogenics + IF + Psychotherapy

07534923236

Concert Tickets

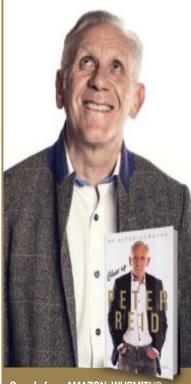
hocus pocus ball Come join us at reids billericay this Hallow-een Wednesday 31st October at 5pm for our hocus Pocus ball!! character dining £15.00 07949 264765 or magicalchar-acterevents@gmail.com



PETER REID'S **NEW BOOK**

In bed with Maradona and being Boris Johnson's worst nightmare

More than just another footballer's autobiography



On sale from AMAZON, WHSMITHS. **WATERSTONES** and local book shops www.sportmediashop.com











Welcome to the latest selection of tremendous value cruises aboard Columbus, Magellan & Marco Polo, a trio of beautiful ships operated by hugely respected British cruise line Cruise & Maritime Voyages, with sailings right through to early 2020. A wide choice of UK ports on which to join no-flying cruises, and a selection of flight-inclusive voyages in some of the world's most exotic corners and the tremendous value Buy-One-Get-One-Free Fares* mean there's never been a better time to join us!



Glittering Columbus

Proud flagship of the CMV fleet and sailing from her home port of London Tilbury, beautifully appointed Columbus offers a range of hugely enjoyable, great value voyages, adding a touch of contemporary style to the traditional welcome and friendly warmth that have long been the hallmarks of the line



Sleek, majestic Magellan

Since her arrival in the UK in 2015, sleek, majestic Magellan has built a fine reputation, and has been a welcome addition to the CMV fleet of traditional ocean-going cruise liners. Sailing from a choice of regional ports Magellan brings a touch of contemporary chic to the traditional welcome of the CMV cruise experience.



Elegant Marco Polo

In an age of vast, impersonal, floating hotels, 22,000-tonne Marco Polo, her profile marking her out as the epitome of sea-going elegance even before you've stepped aboard, is a beautiful ocean liner in the classic tradition. Offering high levels of comfort, sumptuous dining in stylish surrounds, and a warm welcome.

Sailing from Tilbury, Bristol & Liverpool, please see our website for the full range of departure points.

<i>3</i>			71				L		
2019 & 2020 Cruise programme	Departs	Days	Full fare first person	Second person	2019 & 2020 Cruise programme	Departs	Days	Full fare first person	Secon persor
Sailing from Tilbury on board Columbus					Rotterdam Whitsun Holiday Break	23 May 2020	3	£299	Free
German Christmas Markets	5 Dec 2019	5	£589	Free	Sailing from Bristol on board Marco Polo				
Christmas Market to Antwerp	9 Dec 2019	3	£299	Free	French Christmas Markets	8 Dec 2019	6	£709	Free
German Christmas Markets	11 Dec 2019	6	£739	Free	Festive Dublin Overnight	15 Dec 2019	4	£449	Free
Festive Getaway Amsterdam & Antwerp	16 Dec 2019	4	£449	Free	Festive Dublin & Cobh	18 Dec 2019	4	£449	Free
Christmas & New Year Canaries & Madeira	21 Dec 2019	17	£2,799	Free	Christmas & New Year Canaries & Madeira	22 Dec 2019	16	£2,519	Free
Amsterdam & Antwerp	5 May 2020	4	£449	Free	Grand African & Indian Ocean Voyage	6 Jan 2020	79	£13,519	Free
Grand British Isles Discovery	8 May 2020	12	£1,849	Free	Azores, Madeira & Portuguese Highlights	24 Mar 2020		£2,129	Free
Sailing from Tilbury on board Marco Polo									
Hidden Baltic Treasures	1 Oct 2019	12	£1,699	Free	Easter River Seine Experience	7 Apr 2020	8	£1,069	Free
Iceland & the Northern Lights	12 Oct 2019	13	£1,799	Free	Treasures of the British Isles & River Seine	14 Apr 2020	12	£1,759	Free
Norway & the Northern Lights	24 Oct 2019	14	£2,099	Free	Portugal & Seville Fiesta	25 Apr 2020	14	£1,999	Free
Sailing from Tilbury on board Magellan					Sailing from Liverpool on board Magellan				
French Festive Getaway	8 Dec 2019	5	£589	Free	Iceland, Faroes & Land of the Northern Lights	13 Oct 2019	14	£2,039	Free
Caribbean, Canaries & Mexico	15 Dec 2019	27	£4,429	Free	River Seine Experience	27 Oct 2019	7	£939	Free

This is just a small selection of our cruises, please see our website for the full range of cruises and offers.

Call 0330 160 8068 quoting RGF or visit rgf.newmarketholidays.co.uk

Prices above are per person sharing the lowest twin cabin available. A selection of cabin types is available at ranging prices. All prices are extremely limited & may be withdrawn without notice. Cabins are subject to availability and prices are correct at time of going to print, please call us or see our website for latest availability and pricing. Single supplements apply, Standard phone charges. Fares exclude gratuities. On-board prices in sterling. Payment of on-board accounts by card only. Offers operated by Newmarket Holidays Ltd ABTA V7812.* Buy One 50 no Free discount applies to new bookings on Winter 2019 – Spring 2020 cruises only made between 5th July and 31st October 2018. Offer subject to availability & may be withdrawn at any time.



Pathfinder

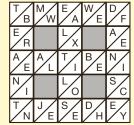
Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

George Michael singles



Split Decision

Cross out one of the two letters in each divided square to reveal a completed crossword

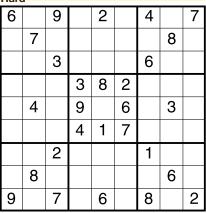


Sudoku

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each

Easy								
4	3		5				1	
		2			1		3	4
8	6			4				7
		3	8	7		4		
	9			5		7	6	
				9	4			
3			6				8	2
7	8	5	9		2	1		
	1				5		7	3

Hard



Two Speed Crossword

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

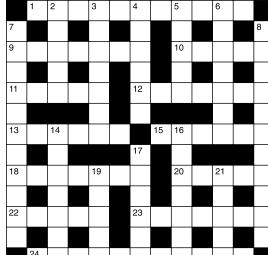
Cryptic

- Across
 1. Quality required by the one who supplies the forgotten line? (11)
- 9 & 17Dn. Compensating balance - is it used on shop scales? (13)

 10. Uniform colour in
- private use (5) 11. Discipline a body of knights (5)
- 12. A kind of tanning
- in the heat of the moment (7) 13 A person of little importance is a problem for the
- murder detective (6) 15. In truth, war tends to cause
- frustration (6) It's harsh when the south wind goes to the east (7)
- 20. It's an altogether different material (5)
- 22. This can be extracted from the earth in Germany (5)
- 23. A dog carriage (7) 24. An agreement to carry out for the last time! (11)

Down

- 2. About to follow this for fair entertainment (5)
- 3. Went by road to 'drome, maybe (7) 4. Bird has half this
- water plant (6) 5. A sign in Kenneth's direction (5)
- 6. The batman is a novel character (7)
- 7. Brown surrounded by bills - financial experts needed (11)
- 8. Key-workers who attend to the pitch (5,6)
- 14. Obtains a variety of solid defence (7)
- 16. The kneeler possesses cover for the leg (7)
- 17. See 9 Across.
- 19. One found in eyrie surroundings (5)
- 21. This will scratch a piece of metal once (5)



Scribble pad

Quick

Across

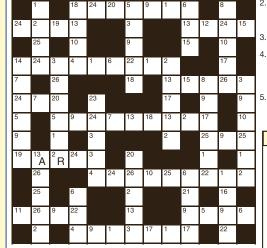
- 1. Punctuality (11)
- 9. Board game token (7)
- 10. Military colour (5)
- 11. Command (5)
- 12. Tan (7)
- 13. No one (6)
- 15. Prevent (6)
- 18. Stern (7)
- 20. Fabric (5)
- 22. Object (5)
- 23. Hansom cab (7)
- 24. Venture (11)

Down

- 2. Circular (5)
- 3. Travelled by car (7)
- 4. Bird (6)
- 5. Symbol (5)
- 6. Fictional vampire (7)
- 7. Auditors (11)
- 8. Instrument pitch adjusters (5.6)
- 14. Fortification (7)
- 16. Church cushion (7)
- 17 Heaviness (6)
- 19. Bird of prey (5)
- 21. Claw (5)

Codeword

This puzzle has no clues. Instead, every number printed in 1. the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.



ABCDEFGHIJKLMNOPQRSTUVWXYZ

	1	2 R	3	4	5	6	7	8	9	10	11	12	13 A
l	14	15	16	17	18	19	20	21	22	23	24	25	26

Wordsquare

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.



How you rate:

10 words - average; 15 words - good; 20 words - very good; 25 or more - excellent.

Quiz

Jo Wood and Martin Kemp are among the stars taking part in the new series of which Channel 4 reality survival show? Which reclusive American author is best known for his novel The Catcher in the Rve? In which US state is the

city of San Diego? Which European country was ruled by António de Oliveira Salazar from 1932 to

What name is given to the season of the church year that begins on the Sunday nearest



Q1 - Martin Kemp

to St Andrew's Day? Which British autho wrote the novels Animal Farm and Nineteen Eighty-Four? In which county is the royal residence Sandringham House? 8. Which region of the USA comprises the states of Maine, New Hampshire, Vermont, Massachusetts, Rhode Island and Connecticut?

9.

Robert Maxwell an MP from 1964-70? Which New Testament apostle was martyred on an X-shaped cross

For which party was

at Patras in Greece?

LAST WEEK'S SOLUTIONS

Pathfinder

Eiffel Tower, Parc Güell, Acropolis, Leaning Tower of Pisa, Sacré Coeur, Trevi Fountain, Colosseum, St Basil's Cathedral, Sagrada Familia, Pompeii, Little Mermaid Ponte Vecchio Brandenburg Gate, Parthenon, Sistine Chapel, Manneken Pis, Alhambra, Rock of Gibraltar, Spanish Steps.

1 Sweetener: 2 Linguistics: 3 Rudvard Kipling; 4 Rice; 5 Peter the Great; 6 Manx cat: 7 Polaris: 8 Rembrandt van Riin: 9 Neil Kinnock: 10 Lamb.

Two-Speed Crossword

Across: 1 Sciatica; 5 Form; 9 Spot; 10 Proceeds; 11 Stock; 12 In trade; 13 Algebraically; 18 Averages; 19 Ajar; 20 Minster; 21 Light; 22 Dors;

23 Triggers.

Down: 2 Capital; 3 Article; 4 Cardinal

error; 6 Overall; 7 Mastery; 8 Acetic; 13 Alarmed; 14 Gleaner; 15 Blasts; 16 Abating; 17 Leather.

Wordsquare **HERBIVORE**

Sudoku

1	2	5	9	3	4	6	8	7	1	8	9	2	7	6	5	1	3	4
4	7	6	1	5	8	3	2	9	1	3	6	7	1	8	4	5	9	2
3	8	9	2	6	7	1	4	5	1	4	1	5	9	2	3	8	6	7
7	1	4	8	9	2	5	6	3	1	7	8	9	4	5	6	2	1	3
8	5	2	6	7	3	4	9	1	1	2	3	1	8	7	9	6	4	5
6	9	3	4	1	5	2	7	8	1	5	4	6	2	3	1	9	7	8
5	6	8	7	2	1	9	3	4	1	6	2	4	5	9	7	3	8	1
2	4	1	3	8	9	7	5	6	l	9	7	8	3	1	2	4	5	6
9	3	7	5	4	6	8	1	2	1	1	5	3	6	4	8	7	2	9

Split Decision



Codeword

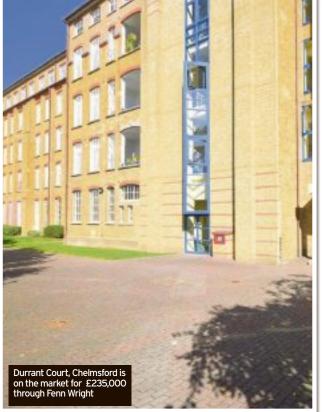
1	2	3	4	5	6	7	8	9	10	11	12	13
n	ш	G	D		K	D	N		v	7		13 W
ט	п	u	В	v	I.		1.4					AA
14	15	16	17	18	19	20	21	22	23	24	25	26 R
1 1	0	\sim			W	111			v	T	B.A	D
J	ာ	U			V	U			^		IVI	l L

ESSEXLIVE.NEWS/PROPERTY

PROPERTY & LIVING







A FLAT SPIN

Flats come in all shapes and sizes - from modern, purpose-built developments to conversions of older properties, and from modest first time buyer studios to luxury penthouses. This week, we take another look at some of the apartments available around the county...

urrant Court is a landmark Victorian industrial building in the heart of Chelmsford which was tastefully converted for residential use in the late 1990s. Fenn Wright are currently selling a goodsized two-bedroom apartment on the top floor, with an asking price of £235,000. Served by both stairs and a lift from the building's spacious communal lobby, the apartment is one of the larger designs in the development, and offers bright, spacious rooms. It opens to an entrance hall with a storage cupboard. The lounge/ diner includes two tall windows, wood effect flooring and a storage heater. The bedrooms are wellproportioned, both offering storage facilities, and the accommodation is completed by a fitted kitchen and a

three-piece family bathroom. Hilbery Chaplin are selling a superb penthouse apartment in the sought-after Fisher Court development on the edge of Warley Country Park, just three quarters of a mile from Brentwood station. This bright and airy property offers spacious accommodation comprising an impressive entrance hall, a 20ft lounge with a vaulted ceiling and double doors to a generous balcony offering far reaching views towards London, a vaulted kitchen/diner with a stylish, high-gloss fitted kitchen at one end and double doors to another balcony with views over Clements Park and The Galleries, an en suite master bedroom, and a second dou-

ble bedroom with Jack & Jill access to the main bathroom. Other features include video security entry phone access with lift service, under floor heating to the kitchen and both bathrooms, and two secure underground parking spaces. The guide price: £600.000-£625.000.

For sale through Keith Ashton are three brand new two-bedroom apartments - all with stylish, fullyequipped kitchens, luxury bathrooms and en suites, and two allocated parking spaces - in an exclusive development in Tipps Cross Lane, Hook End. The first is located on the ground floor, and offers a spacious entrance hall and an open-plan kitchen/family room. The master bedroom suite has a dressing area, while the family bathroom features 'his and hers' hand basins. Outside,







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19 EASTGATE, HARLOW 01279-433033





£214,995

 A Two DOUBLE Bedrooms Fla
 Located On The Top Floor Large Lounge/ Dine



Within Close Proximity To Local Schools & Shops
 CHAIN FREE
 In Need Of Some Modernisation
 EPC Rating: Awaiting



£240,000

 A Two Bedroom Mid - Terrace House
 Ground Floor Family Bathroom Approx. 120ft Seduded Rear Garden With Rear Access.
 Situated within a Residential Cul - De- Sac
 Potential To Extend To The Rear (STTP)
 EPC Rating: D



A Four Bedroom Mid Terrace House
 Three DOUBLE Bedrooms
 Garage En-Block

 Downstairs WC
 In Need Of Some Modernisation
 EPC Rating: E £259,995



£269,995

Pennymead

A Three Bedroom Terrace House
Two DOUBLE Bedrooms
Potential To Create A Driveway STTP
CHAIN FREE
UNIV. Double Glazed & Gas Central Heating Throughout
EPC Rating: Awaiting £280,000

Watersmeet

•Three Bedrooms
•Semi-Detached
•Private Driveway
•Solid Oak Kitchen
•Secluded Rear Garden
•Awaiting EPC Rating £415,000

Arkwrights

£414,995

Semi-Detached
Three Bedrooms
Fourth Downstairs Bedroom With En Suite
Landscaped Rear Garden
Four Car Driveway
Awaiting EPC Rating







Shawbridge

• A Two Bedroom First Floor Flat

• CHAIN FREE

£190,000

• Two DOUBLE Bedrooms

• Recently Refurbished Throughout

• uPVC Double Glazed & Gas Central Heating Throughout

EPC Rating: Awaiting.







Park Lane

• A Five Bedroom Semi-Detached Victorian Cottage

Private Driveway

• Landscaped Rear Garden

• Downstairs WC & First Floor Family Bathroom uPVC Double Glazed & Gas Central Heating

£649,995

Throughout EPC Rating: C

kings

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UNIT 4, CHURCH LANGLEY WAY, CHURCH LANGLEY 01279-410084



•Two Bedroom House •Freehold

£275,000

•Conservatory To Rear •Double Bedrooms •Rear Gardens
•Parking For Two Cars



£285,000

Cul-De-Sac Location
Two Allocated Parking Spaces
EPC Rating: Awaiting



En-Suite To Master Bedroom
 Off Street Parking For Two Cars



 Three Bedroom Terraced House
 Allocated Parking Conservatory
 Rear Garden With Rear Access

 Downstairs WC
 EPC Rating: C £320,000



Three Bedroom House

Parking For Multiple Vehicles

Integral Garage

En-Suite To Master

EPC Rating: D

£340,000

Bentley Drive

Three Bedroom End Of Terrace House
Secluded Rear Garden With Side Access
UPIC Double Gazing & Gas Central Heating Throughout
Lounge and Origing Room
Fitted Kirchen
E.P.C. Rating: C £359,995

Five Bedroom Link-Detached House
 Conservatory
 Downstairs WC
 En-Suite To Master

GarageEPC Rating: C £439,995



£465,000

Four/Five Bedroom House
 Converted Garage/Fifth Bedroom/Reception Room
 Downstairs WC and En-Suite From Master Bedroom
 Large Driveway







The Chase

• Situated In The Award Winning Newhall

Southerly Facing Rear Garden With Access To The

• En-Suite To The Master Bedroom

£400,000

A Four DOUBLE Bedroom End Of Terrace Townhouse

Development

Office Above The Garage

• Garage & Parking For One Car E.P.C. Rating: C







Whieldon Grange

£500,000

• A Four Bedroom Detached Family Home

• Driveway & Tandem Garage To The Side

• En-Suite To Master Bedroom

CHAIN FREE

• Southerly Facing Rear Garden

E.P.C. Rating: D





















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Guide Price

£400,000 - £425,000

Walnut Tree Cottages, Mill Street **Fantastic Find**

EPC F

Positioned in the desirable location of Mill Street, Hastingwood is this end of terrace cottage which was built in 1881 by Richard Church. The property also benefits from a large front and rear garden which offers potential to extend. Ref 14666

Call 01279 443311



Guide Price

OIEP £300,000 Ram Gorse

Spacious Living

EPC D

Located in a sought after area within walking distance to Harlow Station is this extended three bedroom family home. The property is well maintained by the current and offers spacious living accommodation throughout. Internal viewing is highly advised. Ref 14638

Call To View



A Great First Buy

Rundells

Located in the popular Rundells area of Harlow near the common is this well presented two double bedroom terraced home with refitted kitchen and good sized through lounge-diner. Ref 13121 Viewing Advised



Guide Price Offered Chain Free

Tanyard Place Haart are pleased to offer this family home arranged over three floors. The property is within walking distance to schools, hospital, train station and town centre. Ref 14517 Take A Look 25% Shared Ownership £40.000

Joseph Rank House

EPC B

Struggling to buy for your first home? Then this 25% shared ownership property is for you. Located on the 7th floor in the heart of the town centre with views over looking Harlow, this one bedroom flat will make an ideal first time purchase. Ref14494 Get On The Property Ladder



Guide Price Modern Living Torkildsen Way

£230,000 - £240,000

EPC TBC

Offered chain free is this two bedroom flat on the popular Fifth Avenue development. The property is close to the Train Station making this the perfect buy for a commuter. Ref 14713 View Today



Guide Price

£350,000 - £360,000

Mallards Rise, Church Langley **Too Nice To Last**

EPC D

Don't delay in viewing this immaculately presented three bedroom end of terrace family home located in a popular cul de sac turning in Church Langley. The property offers open plan living and benefits from a spacious conservatory. Viewing advised. Ref 14702

View, Love And Make An Offer



Well Presented Semi Detached Sheldon Close, Church Langley £299,995

EPC D

haart are pleased to offer this well presented two bedroom semi detached home with a driveway for two cars. The property would make a great starter home or if someone was thinking of downsizing.

Call, Register, View



Well Presented

Great Brays Offered chain free is this three bedroom end of terrace home benefiting from open plan living and recently been redecorated by the current owners. Ref 14558 View View View

EPC E



Family In Mind Fir Park OIEO £350,000

EPC TBC

Open House Event Saturday 13th October at 11.00am - 12.00 NOON - Please call haart Harlow on 01279 443311 to arrange your viewing on this three bedroom semi detached home with garage and driveway. Ref 14625

Dial Dial Dial





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- FIVE BED DETACHED HOUSEDOUBLE GARAGELARGE DRIVEWAY

- EN-SUITE

- GAS HEATING
 UPVC D/GLAZED WINDOWS
 SOUGHT-AFTER LOCATION
 INTERNAL PHOTOS ONLINE



CHURCHFIELD, HARLOW

- TWO BED TERRACE TWO DOUBLE BEDROOMS
- AMPLE PARKING
- **GROUND FLOOR STUDY**
- £285,000
- GAS HEATING
 UPVC D/GLAZED WINDOWS
 CLOAKROOM
 INTERNAL PHOTOS ONLINE



LONGFIELD, HARLOW

- FOUR BED END TERRACEALL DOUBLE BEDROOMSLARGE EXTENSION

- LUXURY FITTED KITCHEN

£324,950

- GAS HEATING
 UPVC D/GLAZED WINDOWS
 NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE



COWLINS, OLD HARLOW

• TWO BEDROOM FLAT • FIRST FLOOR • CARPORT

GATED DEVELOPMENT

- PRIVATE GARDEN

- GAS HEATINGSASH WINDOWSNO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE

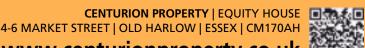
INTERNAL PHOTOS ONLINE



- TWO BED COACH HOUSE
- TWO GARAGES
 MODERN FITTED KITCHEN
- EN-SUITE

- GAS HEATING
 UPVC D/GLAZED WINDOWS
 POPULAR LOCATION
 INTERNAL PHOTOS ONLINE



















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£405,000

£550 000

SAWBRIDGEWORTH (Rowney Wood)

PRICE GUIDE £850.000

GILSTON

Detached bungalow with planning permission to create 2 semi-detached dwellings on a large corner plot. Immediate vacant possession offered. Bungalow could be extended (stp). In need

of modernisation. Vacant possession offered. Sole agents.

Beautifully presented, spacious and extended Victorian home 1/3 acre plot, 1 bedroom annexe, double cartioge, luxuriously fitted, spacious kitchen/breakfast room, large living room and

an impressive entrance. Vendor ready to go. Sole agents.

SAWBRIDGEWORTH





arla | propertymark

OPEN 7 DAYS A WEEK

Free Valuations ~ No Sale No Fee

Nearly new detached 3 bedroom home with a lovely open plan ground floor layout with luxury kitchen, large living room dining room, separate w.c., corner plot. En suite to master bedroom.ldeally situated for

Leventhorpe School and a short walk to the mainline railway station



£257.000

SAWBRIDGEWORTH (Lawrence Moorings)

Larger than average 2 double bedroom apartment with high ceilings throughout, large living room, modern kitchen and bathroom and allocated parking. Close to train station. No onward chain. Sole agents



£479 950

HATFIELD HEATH

Spacious 4 bedroom cottage with a large living room, separate dining room, kitchen, ground floor shower room, large first floor bathroom and off-street parking. Close to village centre. Sole agents.



SAWBRIDGEWORTH (Sayesbury Road)
Charming 4 bedroom Edwardian home offering 3 reception rooms, kitchen, downstairs cloakroom, 2 bethrooms, approx. 85ff treat garden.
Fantastic family accommodation with many original features including the commodation of the com high ceilings, fireplaces etc. Ideally positioned for schools. Sole agents



£575 ncm

SAWBRIDGEWORTH (Ladvwell Prospect)

Ground floor studio apartment, within walking distance of Sawbridgeworth anialine station and other local amenities. The property has been fully furnished to a high standard and enjoys a recently refitted kitchen and bathroom and a good size living area, electric storage heating, gardens and allocated parking.



£900 pcm

HARLOW (The Lawn)

ovated two bedroom top floor apartment. The property enjoys a bright open plan living area and new fitted kitchen with double glazed UPPC windows, two double bedrooms, brand new bathroom and gas central heating. The property benefits from an external storage shed and established communal grounds.



£350,000

SPELLBROOK (BUILDING PLOT)
Good size plot on a country lane location with planning
for an approximate 2,500 sq ft detached four bedroom
house. Full plans available. Easy site to get on to. Good re-sale possibility and ideal for a self-builder. Sole agents.



£480 050

LITTLE HALLINGBURY

Recently refurbished 4 bedroom semi-detached home with a good size garden, parking to front, high gloss kitchen leading through to a large family room with bi-folding doors to patio, downstairs w.c., lounge, en-suite to master bedroom, re-furbished bath/shower room. Superb country lane location.



£625.000

HATFIELD HEATH(Hall Green)

Spacious 4 bedrom detached Victorian house with a huge master bedroom, en-suite, large sitting room, magnificent kitchen/dining room, separate reception room, just under • an acre, large garden room and excellent parking. Vacant possession. Sole agents.



£695 ncm

SAWBRIDGEWORTH (West Court)

Well presented, one bedroom 1st floor apartment situated a short walk to all local ameneties and mainline train station direct to London Liverpool St. This unfurnished property enjoys a bright lounge, open plan kitchen with appliances, bathroom and good size bedroom with storage. Allocated parking. Available October.



£1.050 pcm

SAWBRIDGEWORTH (Duckling Lane)

A two bed cottage in the village centre. Mainline railway station 8 Min Walk. The property is offered unfurnished and enjoys a good sized sitting room, new kitchen with intergrated appliances, two bedrooms, en-suite, separate bathroom and communal terrace. Available Now. Short term let only, 2-3 months



£382.000

HARLOW (Cock Green)
Beaufiful character 3 bedroom semi-detached home with an enormous 217ft rear garden, modern open plan kitchen/dining room, living room, high quality bathroom and period features throughout, Sought after location, Must be viewed, Sole agents,



£500 000

SAWBRIDGEWORTH(Leat Close)

4 bedroom semi-detached family home with a large living room, separate dining room, good size kitchen, en-suite to master bedroom, driveway, garage, fully double glazed and a landscaped garden. Village centre position. Sole agents.



£625.000

SAWBRIDGEWORTH (Vantorts Road)

Rarely available town centre bungalow with 3 large reception rooms, 2 bedrooms, bathroom, kitchen, secluded garden, driveway with plenty of parking, double glazed and gas central heating. Central village location, short walk to all amenities. Sole agents



£795 ncm

£1095pcm

SAWBRIDGEWORTH (Lawrence Moorings)

One bedroom, larger than average, unfurnished ground floor apartment, only ashort walk from the mainline train station and town centre. Comprising entrance hall with storage cupboards, large sitting/dining room, fitted kitchen, white bathroom suite, large double bedroom and allocated parking.



Larger than average one bed with its own balcony. Only a short walk from the trainine railway station. Comprising entrance hall, double bedroom, luxury bathroom, recently fitted kitchen and large living room with double doors giving access to balcony. The property is unfurnished and available early November



£435.000

HATFIELD HEATH (Ardley End)
3-4 bedroom detached home in a semi-rural location
with stunning views. Close to village centre. Impressive
kitchen/dining room, bathroom plus en-suite, driveway and parking. Offered with no onward chain. Sole agents.



£595 000

BISHOPS STORTFORD (Thorley Lane)

Detached 4 double bedroom family home. Walking distance of sought after schools and town centre. Large living room, separate dining room, kitchen, utility, good size garage, driveway and enclosed rear garden. Must be viewed. Sole agents.



PRICE GUIDE £1,000,000

HATFIELD HEATH (The Bentleys)
Spacious 5 double bedroom detached home with a magnificent kitchen/family room, dining room, study, large living room, master bedroom en-suite, guest suite, rural views, double garage and electric gates. Close to village centre. Sole agents.



£875 ncm

SAWBRIDGEWORTH (Lawrence Moorings)

Unfurnished, top floor two bedroom apartment overlooking the river Stort. The property comprises good size lounge, two bedrooms, bathroom and kitchen. Allocated parking. Short walk from Sawbridgeworth train station serving London Liverpool St, Cambridge and Stansted Airport. Available Now



£1.195 pcm

SAWBRIDGEWORTH (Sappers Close)

3 bed unfurnished family home in the popular location which is only a short walk from the lown centre. The property comprises 3 bedrooms and shower room to the first floor, fitted kitchen, separate wc, living/dining room, conservatory and low maintenance garden to rear. Off street parking to front for 2 cars plus garage.



£1.295 pcm

BISHOP'S STORTFORD (Cage End)

3 bed period barn conversion in a sought after location. Comprising entrance hall, downstairs wc, fitted kitchen, large lounge diner, separate study/playroom, bathroom and further bedroom to the top floor. Courtyard rear garden and allocated parking, plus car port.





2 bedroom, 2 bathroom apartment only a short walk to

between the station. Comprising huge lounge/dining room with balcony, fitted kitchen, 2 bedrooms and 2 bathrooms. Off road parking. Available now.

SAWBRIDGEWORTH (Bickerton Court)

AGENTS - SALES & LETTINGS







- Close To Burnt Mill
- Landscaped Garden
- Conservatory • EPC Rating: TBC

- Long Gardens
- Popular Location
- CHĂIN FREE
- EPC Rating: E



Westbury Rise, Church Langley

- Four Bedrooms
- Two Receptions Kitchen/Family Room
- £575,000
- Detached House Double Detached GarageImmaculate Home
- EPC Rating: D

Glebelands, Harlow

- Three Double Bedrooms
- Garage & Driveway

- Chain Free
- Premier Location

£499,995

CHAIN FREE

- Detached Home
- ConservatoryQuiet Cul-De-Sac
- EPC Rating: TBC



Tickenhall Drive, Church Langley

- Detached Home
- Four Bedrooms
- Kitchen/Diner Popular Location
- Garage & Driveway
- En-Suite Shower
- Westerly Garden EPC Rating: D



PADDOCK MEAD, HARLOW

- Three/Four Bedrooms
 Garage & Driveway
 Quiet Cul-de-Sac
 Well Presented
- Link Detached Home
 Ground Floor WC
 Popular Location
 EPC Rating: D

£400,000



DENBY GRANGE, CHURCH LANGLEY

- Four Bedrooms
 Two Receptions
 Dressing Room
 Garage & Drive
 Link detached
 Ensuite To Master
 Cul-De-Sac Spot
 EPC Rating: C

£429,995



THE CHASE, NEWHALL

£425,000

- Four Bedrooms
 Two Receptions
 Stunning Home
 Garage & Parking
 End Terrace
 Two Bathrooms
 Kitchen/Brkft Room
 EPC Rating: C

£450,000



RIDGEWAYS, CHURCH LANGLEY

- Five Bedrooms
 Immaculate Throughout
- Driveway
- Driveway
 Three Receptions
 Detached Family Home
 West Facing Garden
 Ensuite To Master
 EPC Rating: TBC

£474,999



CHELSEA GARDENS CHURCH LANGLEY

- Six BedroomsTwo ReceptionsEn-Suite Shower

- Garage & Drive
 Utility & W.C
 Riptide Swim Spa
 EPC Rating: TBC

£549,995



STOCKSFIELD, KELVEDON HATCH

- Four BedroomsGarage & DrivewayTwo ReceptionsPopular Location
- Detached Home
 Well Presented
- Modern Fitted Kitchen
 EPC Rating: TBC

£550,000

AGENTS - SALES &





Unoverlooked Garden



Front Extension

Driveway To Front





• Semi Detached Home

- ConservatoryCul-De-Sac Location
- EPC Rating: TBC
- £350,000 Carters Mead, Harlow

• EPC Rating: TBC

- Three Bedrooms
- Kitchen/Diner Study
- Chain Free

£310,000

- End Of Terrace Utility/WC
- Driveway
- EPC Rating: TBC

Barn Mead, Harlow

- Three Bedrooms
- Lounge/Diner
- Ground Floor WC Chain Free
- £279,995
- Middle Terrace

Modern Kitchen

• EPC Rating: D

- Westerly Garden
- Popular Location • EPC Rating: D



Monksbury, Harlow

• Three Bedrooms

Garage & Driveway

Popular Location

Lounge/Diner

THE GARDINERS, CHURCH **LANGLEY**

- Two Bedrooms
 CHAIN FREE
 Two Parking Spaces
 Well Presented
 Middle Terrace
 Southerly Garden
 Cul-De-Sac Location
 EPC Rating: TBC
- £280,000



WESTFIELD, HARLOW

- Three Bedrooms
- DrivewayLounge/DinerChain Free
- Chain Free
 Middle Terrace House
 Utility Room
 Popular Location
 EPC Rating: TBC
- £280,000



WOODING GROVE, HARLOW

- Three Bedrooms
 Kitchen/Diner
 CHAIN FREE
 Current HMO
 Semi Detached
 40ft Garden
 Close To Town
 EPC Rating: TBC

- £289,995



LODGE HALL, HARLOW

- Three BedroomsGarage & DrivewayKitchen/Diner
- Chain Free
 Semi Detached
 Ground Floor WC
- Popular Location
 EPC Rating: D

£299,995



MULBERRY GREEN, OLD HARLOW

- Two Bedrooms

- Two Bedrooms
 Modern Kitchen
 Open Plan Living
 Parking Area
 End Of Terrace
 Pretty Cottage
 Private Location
 EPC Rating: B

£364,995



DENBY GRANGE, CHURCH LANGLEY

- Three Bedrooms
- Innee Bearlooms
 Iwo Receptions
 En-Suite Shower Room
 Chain Free
 Detached House
 Garage & Driveway
 Popular Location
 EPC Rating: D

£367,500

t: 01279 216216

e: info@rjestateagents.co.uk

NEW

AGENTS - SALES & LETTINGS







- Driveway
- Great First Time Buy
- Conservatory • EPC Rating: C

- Two Bedrooms Terraced Home
- Lounge/Diner
- Close To Shops • 40ft Rear Garden
- Close To Schooling CHAIN FREE
- EPC Rating: C





- One Bedroom
- Lounge/Diner
- Immaculate CHAIN FREE

- £155,000
- First Floor Apartment
- Communal Gardens
- EPC Rating: D

Southern Lodge, Harlow

- Two Bedrooms Residents Parkina
- Warden Assisted
- Chain Free

£219,995

- First Floor Apartment Lounge/Diner
- Communal Gardens
- EPC Rating: D



Priory Court, Harlow

- Two Bedrooms
- Lounge/Diner
- Balconv Garage En-Bloc
- Private Apartment

£229,995

- First Floor
- Modern Kitchen EPC Rating: C



HASLERS PLACE, DUNMOW

- Two Bedrooms
- Nov Bedrooms
 Top Floor
 Modern Kitchen
 Underground Parking
 Stunning Apartment
 En-Sulte Shower
 Recent Bathroom
 EPC Rating: B

- £212,000



COALPORT CLOSE, CHURCH LANGLEY

- Two BedroomsAllocated ParkingLounge/DinerFirst Floor

- Apartment
 Popular Location
 Communal Garden
 EPC Rating: C
- £215,000



MILWARDS, HARLOW

- Three Bedrooms
 Kitchen/Diner
 Cloakroom/WC
 Chain Free
 Terraced House
 Ideal Investment
 Potential To Improve
 EPC Rating: C
- £239,995



CROSSBILL WAY, NEWHALL

- Two Bedrooms
- En-Suite Shower Room
 Open Plan Living
- Own BalconyApartment
- Ground Floor
- Allocated Parking
 EPC Rating: B
- £274,995



WOODWARDS, HARLOW

- Three BedroomsOpen Plan Lounge/DinerWell Presented
- Private Cul-De-Sac
 Middle Terrace House
 Desirable Area
- Low Maintenance Garden
 EPC Rating: C



BUSHEY CROFT, HARLOW

- Three Bedrooms Lounge/DinerWell Presented
- Quiet Cul-De-SacMiddle TerraceWesterly Garden
- Popular Location
 EPC Rating: D
- £279,995

AGENTS - SALES &





Garden

B TORKILDSEN WAY, HARLOW £850 One Double Bedroom Second Floor Apartment Available NOW • Close To Train Station Allocated Parking Very Well Presented

Unfurnished

TO LET



£1,250 P.C.M

- Terraced House
- Recent Refurbished
- Unfurnished
- EPC Rating: D
- Two Bedrooms Modern Property
- Integrated Appliances

Turvin Crescent, Harlow

Own Balcony

• EPC Rating: C

TO LET

- £1,175 P.C.M
- Top Floor Apartment Garage & Parking
- Unfurnished
- EPC Rating: TBC



Dovehouse Croft, Harlow

• Three Bedrooms

Lounge/Diner

Long Garden

Unfurnished

- End Of Terrace
- Available 1st October

£1,150 P.C.M

EPC Rating: TBC

- Close To Shops
- EPC Rating: E

LET AGREED MORE NEEDED

The Maples, Harlow

• Three Bedrooms

Two Receptions

Available Now

Kitchen/Diner

MALKIN DRIVE, CHURCH LANGLEY

- Four Bedrooms
- Kitchen/Diner
 En-Suite Shower
 Available End Sept

- £1,500 P.C.M



CHALLINOR, CHURCH LANGLEY

- Three Bedrooms

- Intree Bedrooms
 Kitchen/Diner
 Unfurnished
 Garage & Parking
 Semi Detached
 Conservatory
 Available early OCT
 EPC Rating: D
- £1,300 P.C.M



TAYLIFERS, HARLOW

- Three Bedrooms
- Lounge/DinerModern BathroomPart Furnished

- Terraced Home
 Modern Kitchen
 Available End Oct
 EPC Rating: TBC
- £1,150 P.C.M



SHERWOOD HOUSE, BUSH FAIR

- Two Bedrooms
 Available October 2018
 Modern Kitchen
 Close To Shops
 Second Floor Apartment
 Lounge/Diner
 Unfurnished
 EPC Rating: D

£825 P.C.M



TAYLIFERS, HARLOW

- Two BedroomsKitchen/Breakfast RoomOutside Storage
- Modern Property
 Top Floor Flat
 Unfurnished
- Available End Of September 18
 EPC Rating: D

£800 P.C.M



RECTORY WOOD, HARLOW

- One Double Bedroom
- Close To Hospital
 AVAILABLE NOW
- Ground Floor Apartment
- Unfurnished
 Recently Redecorated
- Popular Location
 EPC Rating: TBC
- £775 P.C.M

t: 01279 216216

e: info@rjestateagents.co.uk



WWW.GEOFFREYMATTHEW.CO.UK

HARLOW, CHURCH LANGLEY & NEW HALL | 01279 444988







Instruction

LOWER MEADOW

- CHAIN FREE
- Three Bedroom Family Home
- Downstairs Cloakroom
- Fitted Kitchen & Bathroom



- Two Bedroom Ground Floor Maisonette
- Lounge Diner
 Ideal Investment or First Time Buy
- Close to Train Station & Hospital
- NO ONWARD CHAIN

- Close to All Amenities
- Viewings Recommended



£235,000

- Cluber or Industry
 Lounge Diner
 Fitted Kitchen & Bathroom
 Ideal First Time or Investment Buyer
 Allocated Parking Space



THE MARRIOTTS Offers in excess of £185,000

- One Bedroom Ground Floor Flat
 Gas Central Heating
 Modern Fitted Kitchen & Bathroom
 CHAIN FREE

- Double Bedroom
 Well Presented Throughout
 Walking Distance to Harlow Train Station



Hatfield Heath Guide Price £200,000

- Three Bedrooms
 Top Floor Apartment
 Village Centre Location
 No Onward Chain
 Short Walk to Shops & Schools
 Large Kitchen & Living Room
 Modern Kitchen



PANCROFT, ABRIDGE

- Family Bathroom
- Two Bedroom Bungalow • CHAIN FREE
- Spacious Lounge Diner
- Fitted Kitchen

- £459,995
- Cloakroom Double Glazed
- Garage/Playroom



- Fitted Kitchen & Bathroom



- Two Bedrooms Flat
 First Floor
 Close to Train Station



- Open Plan Living Area
 Modern Fitted Kitchen & Bathroom
 En-Suite to Master Bedroom
- Chain Free
 One Allocated Parking Space



- Two Bedroom Home
 NO CHAIN
- Close to all Amenities

- Lounge
 Good Size Rear Garden
 Update By Current Owner
 Viewing Recommended



- Three Bedroom Family Home
 Gas Central Heating
 Double Glazed
 Modern Fitted Kitchen
 Fitted Bathroom
 No Onward Chain
 Permission for Drive



BAYFORD WAY, STANSTED

- Unique Style
- Extended & Improved • Five Bedrooms • Three Bathrooms
- Kitchen/Breakfast Room

£699,950

- Converted Garage
- Lounge
- NO ONWARD CHAIN



- £310.000
- Three Bedroom Family Home Cul-De-Sac Location Approx 100ff Rear Garden Modern Fitted Kitchen Breakfast Room



RAM GORSE

- Link detached Family Home
 Four/Five Bedrooms
 Extended to the Rear & Side
- Corner Plot
 Off Street Parking for Multiple Cars
 Three Reception Rooms
 Three Bathrooms



£490,000

- Four/Five Bedroom Bungalow
 - Lounge & Dining Room
 - Three En-Suites
 - Utility Room & Downstairs Cloakroom



PRIORY AVENUE

Dressing Rooms to Each Bedroom

Offers over £799,995

- Landscaped Garden
- Old Harlow Location
- Viewing Recommended



WWW.GEOFFREYMATTHEW.CO.UK

£1150 PCM

HARLOW, CHURCH LANGLEY & NEW HALL 01279 444988









WINDMILL FIELDS £1150 PCM

- Newly Decorated
- New Kitchen
- EPC Rating C
- Close To Churchaate Street
- * Admin Fees Apply



- Utility Room
- Conservatory
- Gas Central Heatina
- EPC Ratina C
- * Admin Fees Apply



Bonded Client Account



- Two Bedroom HouseChurch Langley



En -Suite
 EPC Rating C
 * Admin Fees Apply
 Available Now



£1100 PCM

NEW

£825 PCM

- Two/ Three Bedroom House
 Close To Hospital/Town
 EPC Rating D

- * Admin Fees Apply
 Downstairs Bedroom Three/Study
 Available Early November



- £1000 PCM
- Two Bedroom House Modern Property
- * Admin Fees Apply

- Available Now
 EPC Rating C
 Unfurnished
 Close To Hospital



- Three Bedroom Flat Unfurnished Ground Floor

- Gas Central Heating
 EPC Rating D
 * Admin Fees Apply
 Available Now



£995 PCM

- When you apply for a tenancy, there will be an administration fee to pay, contact www.geoffreymatthews.co.uk for all fees which will become payable

IMPORTANT INFORMATION:

during the length of your tenancy.



- Two Double Bedrooms
 Modern Property
- Modern Property
 Furnished
 No Pets/DSS/Children
 EPC Rating C
 Admin Fees Apply
 Available Now



- One Bedroom House
 Kitchen Appliances Only
 EPC Rating C
 Double Glazed
 Must Be Viewed

 - Available End October. * Admin Fees Apply



£820 PCM

- One Bedroom Apartment
 Ground Floor
- * Admin Fees Apply
 EPC Rating C
 Must Be Viewed
 Available Now



- One Bedroom Flat
 Kitchen Appliances Only
 EPC Rating C
 Admin Fees Apply
 Available 10th October
- Gas Central Heating
 Top Floor



£675 PCM

Referenced Tenants



Bonded Client Account



Properties urgently required for waiting tenants





Secure Investment For Life

UARDIAN



someone on a budget looking for sizable accommodation in Harlow Unfurnished with oven and hob only. EPC - D. Available late November

£665 PCM



Huge two double bedroom top floor flat in the Staple Tye area of Harlow. Property available end of September and benefits from being redecorated throughout. Huge lounge, fitted kitchen, bathroom, separate WC and two bedrooms. Added bonus of balcony. EPC D. Available NOW!

Brockles Mead



Immaculate one double bedroom top floor flat in modern block opposite railway station. The property is in a tucked away position overlooking a wooded area. Comprising entrance hallway, lounge, fitted kitchen with appliances, good sized bedroom and bathroom. EPC - 8. Available mid October.

£900 PCM

Newstead Way



Guardian are delighted to offer this immaculate three bedroom property in the outskirts of Harlow in Taylifers. This property benefits from a modern kitchen and bathroom, large living space throughout, gas heating and a rear garden. EPC - D. Available mid October.

Taylifers



Guardian are delighted to offer this one bedroom top floor flat on the outskirts of town in Church End. This property benefits from gas heating, spacious living throughout and is priced to let! EPC - C. Available Now!

£675 PCM

Church End



Guardian are pleased to present this well maintained one bedroom end of terrace house in Church Langley. The property comprises entrance hallway, storage cupboard, open plan fitted kitchen, lounge with patio doors overlooking private rear garden, stairs to first floor, double bedroom, newly installed bathroom and storage. EPC - D. Available mid October

Wedgewood Drive



Guardian are delight to offer for rent this recently renovated two bedroom first floor flat the Sumners area of Harlow. Comprising entrance hallway, storage cupboard, newly fitte kitchen, lounge, two bedroom and modern bathroom this property is not to be missed. Other benefits include newly fitted carpets and gas heating. Awaiting EPC - Available NOW

Little Cattins



Guardian are delighted to offer this superb three bedroom home in Seymours, Katherines. This property benefits from a downstairs w/c, gas heating, modern kitchen and bathroom and a rear garden. EPC - D. Available mid November.

www.guardianresidential.com



Guardian are delighted to offer this one bedroom flat in Hugh: Tower. This property benefits from gas central heating, neutral decor throughout and is within walking distance to the town center. EPC - E. Available mid October.

£685 PCM

Hugh's Tower



September. Property comprising entrance hallway, open plan lounge and kitchen, stairs to first floor, storage cupboard, double bedroom and bathroom. Benefits from gas central heating, neutral decor and parking. EPC -C. Available NOW!

Coalport Close



Guardian are delighted to offer this two bedroom ground floor flat in the sought after area of The Hill, Old Harlow. This property benefits from having its own rear garden, good sized bedrooms and is close to local shops and amenities. EPC - D. Available late October

The Hill



Guardian are delighted to offer this three bedroom house in the desirable area of Theydon Bois, a short walk to central line tube station. An ideal family home. Property comprising entrance hallway, downstairs WC, kitchen, lounge, three bedrooms and family bathroom Benefits include garage, rear garden and gas central heating. EPC - D. Available NOW!

Theydon Bois



of The Archers, Harlow. This property comprises from gas heating, alloca parking, a shared garden as well neutral decor throughout. EPC - C. Part furnished with oven, fridge freezer and washing machine. Available late Octobe

£785 PCM



Guardian are delighted to offer this two bedroom ground floor flat in Dadswood. This property is ideally located next to the town is close to shops and amenities. EPC - D. Available NOW!

£870 PCM

Dads Wood



Guardian are delighted to offer this two bedroom terraced home in the popular location of Hadley Grange, Church Langley. This property benefit form one allocated parking space, garage, gas heating, rear garden and is catchment to Church Langley Primary School. EPC - C. Available NOW!

£1000 PCM

Hadley Grange



in Church Langley. Fixed six month term between late October 2018 and April 2019. Furnishings to include kitchen appliances, dining furniture, sofas, beds and wardrobes. All bills are charged at a fixed rate of £500 PCM. EPC - D - Available late October

£1495 PCM

Ashworth Place

25th Year As Harlow's No.1

Our Finger On The Property Market Pulse

GUARDIAN

01279 635685



Guardian are delighted to offer this immaculate two bedroom top floor flat. Perfect for cash buyers and investors. Market rent £850pcm. Close to local amenities, school and public transport. Parking area, double glazed throughout, gas central heating.

£135,000

Willowfield Tower, Harlow



Guardian are delighted to offer this immaculate two bedroom flat in the sought after private area of Bromley Closel Includes private parking, en suite, large bedrooms and living areal Second floor, UPVC double glazed through out and electric heating.

£225,000

Bromley Close, Harlow



Guardian are delighted to present this UNIQUE three bedroom detached house with a garage and paved drive for two cars. Spread over four floors, this property has a great layout and large living space. Suited to DIV enthusiasts, can turn this into a wonderful family home!

£310,000

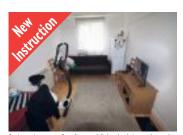
Willowfield, Harlow



Guardian are delighted to offer this spacious 3/4 bedroom Town house, that is offered chain free and benefits from stunning scenic views over Harlow Town Park. This memory property comprises large open plan kitchen/Family room, downstairs WC. EPC: B

±425,00

Tanyard Place, Harlow



Set in a private area, Guardian are delighted to bring to the marke this one bedroom first floor flat with the benefit of a newly extended lease. The property offers a good double bedroom, fitted kitchen, modern bathroom and a allocated parking space.

£162,000

Markwell Wood, Harlow



Guardian are delighted to offer for sale this three bedroom terraced family house in this popular area of Harlow. The property has three really good sized bedrooms, separate lounge, a dining room and a good sized garden. The property has the potential to be turned into a four bedroom by split the largest bedroom.

£249,999

Moorfield, Harlov



Guardian are delighted to offer this recently renovated three bedroom mid terrace property with three Double bedrooms. The current owner has lovingly refurbished this property with a traditional feel.

£315,0

Quary Spring, Harlow



Guardian are delighted to offer this five bedroom family home in the ever popular private area of church Langley. The current owners lovingly updated the property and added the loft conversion giving two good sized bedrooms and WC. Modern throughout this property is ready to move into.

£439,99

Malkin Drive, Harlow



Guardian are delighted to offer for sale this two bedroom first floor flat ideal for first time buyers and investors. Situated in Old Harlow, the property benefits from a modern fitted kitchen, good sized bedrooms, large lounge and communal garden area. Property can be offered with tenant paying £850 pcm or chain free!

£199,999

Guilfords, Old Harlow



Guardian are delighted to present a two bedroom house in the rarely available private area of Glan Avon Mews. Quiet cul-de-sac location, close to M11 and local amenities. Private parking and low maintenance garden.

£250 000

Glan Avons Mews, Harlow



Guardian are delighted to offer a three bedroom plus a loft conversion which can be used as another bedroom semi- detached house in the highly sought after private area of Deer Parkl Large modern fitted kitchen with conservatory and under floor heating.

Deer Park, Harlov



Guardian are delighted to offer for sale this Four / Five Bedroom detached house in the ever popular private area of Church Langley located close to the M11, local amenities and schools. The property overlooks a green in a very quiet cul de sac. EPC: D

£465 000

Wedgewood Drive, Church Langley



Guardian are delighted to offer a rarely available 2 bedroom maisonette in Church Langley with parking and walking. NO service and maintenance charge, NO ground rent. Own front door! New kitchen fitted recently, large lounge and two good sized bedrooms.

C21F 000

Chamberlain Close, Church Langley



Guardian are delighted to offer for sale this end of terrace family home with easy access into North London! A three bedroom end of terrace.

£265,000

Taylifers, Harlow



Guardian are delighted to offer this Chain free, well-proportioned 3 double bedroom Mews House with Car-port , The property is situated in the sought after village of Roydon which benefits from a main-line station providing direct rail services to Stansted.

£415,000

Roydon Mews, High Street, Roydon



Guardian are delighted to present this rarely available five bedroom detached family home in desirable private area of Church Langley. Cul de sac location, converted garage, parking, summer house and many modern features. EPC: D

£560,000

Davenport, Church Langley











Albero Tiger's Eye £25, John Lewis



Euphoria Plum £12, JD Williams













EVIDENCE

OF GILT

Cake stand

£24.99, **HomeSense**







BY CHRIS RUSSON

HEN Suzuki goes about reworking the Jimny the whole automotive world sits up and pays attention. After all, this is the original compact SUV.

In one form or another Suzuki's go-anywhere baby 4x4 has been around for the best part of 50 years and now there's a new one on the way

It's the mark four model and follows on from the current Jimny which has been with us since 1998.

In Britain the Jimny has developed a loyal fan club of drivers who admire - and need - its all-terrain ability.

If anything, the new Jimny is even more capable and looks much more

rugged and purposeful.
Out goes the 1.3-litre petrol engine and in comes a new 1.5-litre block that meets all the latest emission standards.

It is also right up to date on technology with a seven-inch touchscreen display, full smartphone compatibility, sat nav and plenty of driver aids.

The new Jimny will be on sale in January and although prices and exact performance data are still to be released, expect it cost from between £15,000 and £18,000 for the two models available from launch.

Those will be badged SZ4 and SZ5 with the higher grade model including LED headlamps, heated front seats, navigation, climate control and 15-inch alloys.

The base version has steel wheels,

air conditioning, Bluetooth connectivity and cruise control in its manifest and although it lacks some of the smarter systems it does have lane departure warning, a driver fatigue monitor, automatic emer-



gency braking and a full gamut of

off-road systems.
Measuring 11ft 5ins in length,
almost 5ft 5ins wide and some 5ft 8ins high the new Jimny is more than an inch shorter than before but wider and higher.

That makes for more room inside and luggage capacity with the rear pair of seats folded has been increased by 53 litres to give a useful 377 litres of room.

Maximum capacity is 830 litres but with all seats in use there's just 85 litres available between the backs of the rear seats and the tailgate which is good only for a couple of shopping bags.
The tailgate swings open sideways

to the offside with the spare wheel mounted on the back as before and the Jimny has retained its three-door design, albeit in a more aggressive fashion with pronounced bumpers, wheel arches and a bold-looking five slotted grille.

Inside, it's a nice blend of old and new with the touchscreen, ventilation controls, multi-function steering wheel and separate housings for the speedo and rev counter sitting either side of a 4.2-inch LCD information screen.

And while the likes of hill descent control is engaged with minimum fuss at the touch of a button. all-wheel-drive and low ratio gears

are selected via a lever aft of the gear

With a ladder-frame chassis the Jimny is set up for serious work and while on the road it feels slightly heavier than other - not so capable small SUVs the Suzuki comes into

its own in the wilds.
Ground clearance is more than eight inches, the suspension travel is excellent and with an approach angle of 37 degrees, departure of 49 and breakover angle of 28 degrees plus a wading depth in the region of two feet it is highly capable.

On the road, the new engine makes a fine fist of the job and the fivespeed manual Jimnys we tried proved much livelier than the previous model.

The engine develops 101ps, up from 85ps with the 1.3, and that gives a top speed of 90mph with a 0 to 60 acceleration time in the region of 13.5 seconds.

Fuel economy is rated at 41.5 to the gallon with emissions of 176g/km - a figure we matched on a good road drive. Off road consumption was impressive too with the Jimny showing an average of 37mpg after a good spell in low ratio gears. All round it is a splendid performer for those who require a vehicle with genuine heavy duty credentials at a price which makes it something of a

bargain 4x4.







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16/16	Vauxhall Corsa Special Edition 1.4 ecoFLEX Sting 3dr	Blue	33526	£6499
16/16	Fiat 500 1.2 Pop 3dr	White	27463	£6499
14/14	Vauxhall Astra GTC 1.4T 16V Sport Coupé 3dr	Silver	40031	£7499
17/17	Vauxhall Viva 1.0 SE 5dr	Black	8356	£7499
15/15	Vauxhall Corsa 1.2 SRi VX-Line 3dr	Black	29817	£7999
CARS £8000 TO £9999				
17/67	Vauxhall Viva 1.0 SE 5dr	Black	700	£8299
16/66	Ford Fiesta 1.25 82 Zetec 3dr	Blue	12042	£8499
15/65	Vauxhall Corsa 1.0T ecoFLEX Limited Edition 3dr	Black	29639	£8499
15/65	Vauxhall Adam 1.4i Glam 3dr	White	10596	£8499
14/64	Volkswagen Polo.0 SE 5dr	White	19212	£8999
14/63	Vauxhall Mokka 1.4T SE 4WD 5dr	Grey	51522	£9499
CARS OVER £10000				
16/66	Nissan Juke 1.2 DiG-T Acenta 5dr	Black	12040	£10499
15/65	Vauxhall Mokka 1.4T SE Auto 5dr	Black	31344	£11499
15/15	Nissan Qashqai Diesel 1.5 dCi N-Tec+ 5dr	Black	42219	£12999
16/66	Volkswagen Passat Estate 2.0 TDi S DSG 5dr	Silver	27123	£15999



VW GOLF'S ELECTRIC DREAMS

BY **DAVID WARD**

OME motorists may still clearly be totally unconvinced about driving an all-electric family car because of the fear in the back of their minds that it will conk out after being driven a few miles and they would be left stranded on the roadside.

It's all about battery life but as technology develops more and more car makers are going down the all-electric route as driving ranges are increasing in a bid to try and dispel the myth of only being able to drive to the local shops and back before the need to recharge.Volkswagen are amongst the leaders in developing all-electric family cars and they have had years of working on them - their first was an electric powered van back in 1972 in which the batteries were so heavy they had to be fitted and removed by a forklift

The first electric Golf appeared in 1972 and now the latest version is here with a claimed 50 per cent increase in driving range - up to 186 miles - before needing to be recharged.

With a standard 230-volt, 2.3 kW supply VW say it can be recharged using a normal household three-pin socket within 17 hours from a flat battery and if an owner has the optional wallbox 3.6 kWh fitted in the garage the recharging time will take around 10 hours 50 minutes

Gradually there are more and more public places to top up the battery whilst away from home, such as in supermarket car parks where a 45-minute plug-in will do the job and give the battery 80 per cent of charge, so it's becoming a more practical solution to erode that fear of running out of power.

The VW battery itself is now much lighter too weighing just 318 kg and the one electric motor drives the front wheels courtesy of a single-speed gearbox while driver fears that having the heating on, radio on and the rest of equipment needing power will dramatic reduce the driving range can also now be dispelled.

An option heat pump helps drivers in winter keep to their battery range with VW claiming it can actually increase it in cold weather by as much as 20 per cent and a regenerating braking system that comes into action as soon as the driver lifts off the accelerator pedal.

A further improvement too is that VW now offers an eight-year/99,360 mile battery warranty which is considerably better than in the earlier electric Golf models

To further help economic driving of this Golf it has two economy driving modes - Eco and Eco+ where the former cuts peak power to from 134bhp to 93bhp and the latter

down to 74bhp.
In reality with the car in Eco mode acceleration time from 0 to 62mph rises from the standard 9.6 seconds to 13.4 seconds with top speed cut





from 93mph to 73mph.

At the end of the day drivers deciding on this new all-electric Golf will want to know what it actually drives like and how different is it from the conventionally combustion engined powered Golf.

To start with it's naturally eerily quiet as you drive away from a standing start but it's remarkably smooth and accelerates just like a normal petrol or diesel engine and out on the open road it's responsive enough for overtaking and generally offers a relaxing and comfortable enough experience.

Most drivers, including myself, will perhaps psychologically adapt a slightly different driving style and manner erring on the side of caution.

certainly until after a few hundred miles of regular motoring with the e-Golf, but there's really no need as in a way it drives just like any other

Key of course on longer runs is to keep an eye on the battery range and although officially VW claim it will now achieve 186 miles realistically most drivers will see out 130 miles before the need to recharge.

Elsewhere this Golf, which is based on the normal SE trim level, is kitted out in an identical manner to the other models in the range which means it has all the current mod cons on board like anti-lock braking, cruise control, driver alert system, stop/start, parking sensors, sat nav and much more while comfortable



seats and quality trim level of other Golfs make it a more than pleasant car to both drive and ride in from short and long journeys.

Visually the e-Golf is slightly different having its own styling pack with unique shaped front and rear bumpers, rear roof spoiler and side sills, LED headlights with blue stripes, e-Golf badging and of course no visible rear exhaust tailpipe at the back.

Like all current electric powered family cars they are not cheap with this e-Golf clocking in at £32,730 but with that still operating £4,500 government it does reduce the price, although adding the heat pump will cost an extra £830 whilst a winter pack including headlight washers and heated front seats adds another

There are slightly cheaper all-electric family cars now on the market, such as Nissan Leaf and Renault Zoe. but this e-Golf is better in terms of driveability and class of comfort and quality finish.

X4 GETS RADICAL

BY EDWARD STEPHENS

HE second generation of BMW's X4 has taken on a radical new macho image dramatically putting its much softer predecessor in the shade. More than 200,000 of the distinctive X4 Sports Activity Coupes have been sold since its launch in 2014 but the newcomer, particularly with M Sport X exterior design trim, has a much bolder more aggressive appearance.

Longer, wider and lower than the original model the dynamic new X4 has more muscular lines with its high arched roof, off-road style body mouldings on the sills and wheel arches and a sporting new rear window spoiler.

Park it anywhere and it certainly commands attention.

And admirers taking a look through the windows can't fail to be impressed by the superbly styled cockpit with its high backed sporting seats - in this case in dramatic red leather - wraparound dashboard and



specially embellished controls.

Most of the onboard activities can be carried out on a central touch screen which sits high up on dashboard and is controlled by the i-Drive wheel near the gearshift.

The extra inches added to the new

model - it's 16ft 6ins long and 6ft 5ins wide - means there is generous space on the inside for both front and rear seat travellers.

And mirroring the size of the car is the size of its key fob which is around three times the size of a conventional

one but cleverly allows you to not only check on the status of your vehicle - if it's locked, how much fuel you have left etc - but also pre-set the interior temperature for when you are about to leave home.

Optional extras available for the X4 are many and varied and those fitted to my test car added another £10,000 to the price. They included everything from a Harman Kardon surround system to a head-up

display and run flat tyres. And with its on-board Wi fi facility using BMW's ConnectedDrive you can access everything from the latest news stories as they are happening to the weather.

Powered by a beefy 190bhp diesel engine mated to an eight-speed

automatic gearbox the 2,0-litre X4 has an impressive amount of torque. Flick the gear shift to sport or use the paddles behind the steering wheel and despite its size it really does become very lively.

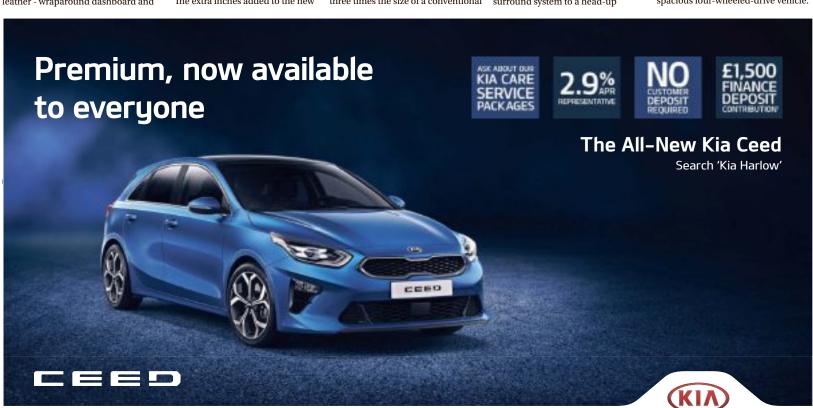
Despite its height there is a distinct lack of roll on corners and road holding - thanks in part to the four-wheel-drive system - is superb.

You can set the X4's driving mode to suit your needs on the day, with a choice of Eco. Sport and Comfort

available.

And it's also a very practical car with 525 litres of space available beneath the rear tailgate with the rear seatbacks in place and a hefty 1,430 with them folded down.

Over a week's driving I managed to average around 42 miles per gallon. Well short of the claimed average but still pretty good for such a large, spacious four-wheeled-drive vehicle.





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The Power to Surprise

Fuel consumption in mpg (I/100km) for the model shown: Urban 38.7 (7.3), Extra Urban 57.6 (4.9), Combined 48.7 (5.8), CO2 emissions 132 g/km. MPG figures are official EU test figures for comparative purposes and may not reflect real driving results. The NEDC Equivalent data presented here is for limited comparison purposes only and cannot be compared with other test data such as NEDC or WLTP. For more information about WLTP please refer to kia.com/uk. Model shown: All-New Ceed 'First Edition' 5dr 1.4 T-GDi 138bhp 6-speed manual ISG at £25,750 including optional Blue Flame paint. All-New Kia Ceed range available from £18,295. Specification varies across the range and is subject to change without notice. ¹£1,500 towards your Personal Contract Purchase Deposit on All-New Ceed. Offer available on purchase of an All-New Kia Ceed in the United Kingdom between 01.10.2018 – 31.12.2018. Private customer registrations only, excluding Personal Contract Hire. Finance subject to status. T&Cs apply. 18s or over. Guarantee may be required. Kia Finance RH2 9AQ. 7 year / 100,000 mile manufacturer's warranty.

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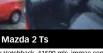
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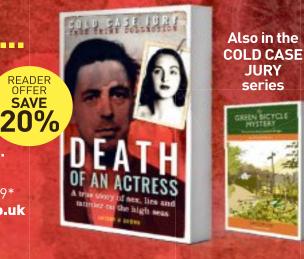
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Jardiniere marble with lighting within Beautiful jardiniere yacm high the top is 23 cm in diameter. This is in 5 pieces by design, held together with a steel threaded stud with nuts to also access the bulb as required. The top piece is bulb of the diameter of the piece is the

Butler bell, brand new in box Butler Lever pull door bell, could not fit to house as not enough space beside front door, Comes with fitting instructions and everything needed to install it in the box. £50 no 01621840398 or 07850968149

Desk Painted Farrow&Ball Cream Desk 54"W x 25DP"x30" high. Has 7 draws

Cream Desk 54"W x 25DP"x30" high. Has 7 drawers plus a filing cabinet drawer. Centre drawer is locking. Desk does not have a leather top. Photos are available to email if reqd £100 no 01621840398 or 07850968149

Mirror bevelled glass with soft gold frame Quality mirror 75cm x105cm frame width 75mm. Frame has option to hang vertically or horizontally. Photos can be emailed if requested £40 owno 01621840398 or 07850968149

or U785998149
Telephone bakelite 50s 60.s
era Fully working telephone
with rotary dialing, and
handset. Bell telefon, european
design with really nice brass
carrying handle. Photo can be
emailed if requested. £50 orn
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BMW Tank Bag for GS/Adventure Genuine BMW acces sory. Unused gift (still tagged) and in perfect condition. Comes with all the required fittings to attach to your bike. £75 07860 959400

Doors Internal doors, one pine with two decorative glass panels. One primed white wood with four glass panels. Unused, good quality. £35 and £20 or deal for both. £35.00 ono 01277221635 or 07981 969102

Doors Oak internal doors, unused and good quality. Three, 6 panel oak and one panel oak with 10 glass panels, price each or good deal for the four 550.00 01277221635 or 07981 969102

ladies clothes mulbery small shoulder bag good condition all leather ttrim size h 8 w 6 d 2 inches with mulberry brass diec grialdisc brass diec erialdisc. £30.00 ovno 01277363696 or 07748503013

Vintage Oil/Fuel Can Square Metal 2 Gallon Green Pratts With Brass BP Cap for Automo-bile/Classic Car Vehicle enthu-siast very rusty collection Great Baddow Chelmsford £20.00 07754 972942 or 01245476144

furniture top half welsh dresserdark oak glassdoors h36,5 w49 d5 inches good con-dition. £25.00 ono 01277363696 or 07748503013

collectibles hendriks boxed set china cups and saucers used in edwardian times for ladies to drink their gin unused. £25.00 01277363696 or 07748503013

Lintels Catnic 1500 catnic lintels x2. New and unused. Heavy duty, quality steel. £40.00 each or deal for both. £40.00 01277221635 or 07981 969102

Sofa/Bed. Three seat sofa that easily converts to double bed. Sturdy steel frame. Easy to covert. Comfortable and clean. Could deliver. £40 01462639410 or 07833626029

mobility rollator blackwioth brakes and zip up shopping bag very good condition. £30.00 ono 01277363696 or 07748503013 Sofa Three seater sofa. With

removable cushion and arm covers. Clean. Comfortable. Could deliver. £30 01462639410 or 07833626029

watches armani exchange rose coloured case blue face. brand new boxed unwanted gift.leather strap. £70.00 01277363696 or 07748503013 Bowling-trousers Grey-size 40w-29leg brand-new never-used with-belt bargain £15 01245600131

mens wear louis vuitton brand new unworn baseball cap. un wanted gift, £15.00 01277363696 or 07748503013

Tyres x 2 Monza HR7 175/65R 82H Never used. Still have labels. Absolute bargain. £45 01245400026

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ANY VINYL RECORD
COLLECTIONS LPS SINGLES
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SEPARATES/OLD RECORD
PLAYERS. ME AND SUE WILL
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ESPECIALLY BULK LOTS OF ENTIRE COLLECTIONS

ANY CLUBS FROM PREMIER TO NON LEAGUE

NO BOOKS, VIDEO'S, DVD OR SIGNED ITEMS

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WANTED BICYCLES AND SPARES

SPARES
Any condition and anything pre 1980 will be considered. Town blikes, Tandens, Shoppers. Choppers, Racers, Tricycles etc. Adults and children. Also job lot of spares bought. Anything older than 1980, ### no mountain blikes please ### Local man will collect and pay resb.

pay cash. 07972 630090

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SPARES
Any condition and anything pre 1980 will be considered. Town bikes, Tandens, Shoppers, Choppers, Racers, Tricycles etc. Adults and children. Also job lot of spares bought. Anything older than 1980, ### no mountain bikes please ### Local man will collect and nay resh pay cash.

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01787 377628 or

07811484124 WANTED

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01642555168 or 07990972470

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Old whisky sought by private collector also whisky

miniatures.good prices paid.

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Vintage Oil/Fuel Can Square Metal 2 Gallon Green Pratts With Brass BP Cap for Automo-bile/Classic Car Vehicle enthu-siast very rusty collection Great Braddow Chebracher CSE 00 Baddow, Chelmsford £25.00 07754 972942 or 01245476144

Arts & Crafts

Pinboard noticeboard ideal from Great Baddow, Chelms ford. £5.00 07754 972942 or 01245476144

Books For Sale

OLD Children's Books 1970s.
Ladybird x A Penguin x 1 Puffin
x 1 Famous Faily Tales, Thunderbirds 1971, The Victor 1976,
Knockout 1974, Hotspur 1977,
Countdown 1973, New Super
Book for Boys 1970, Famous
Faily Tales, Hardback Annuals,
Tales Hardback Annuals,
Tales Children Country
Bernston 1978, Parket Special Country
Bernston 1978, Parket Special Country
Faily 19

'YOUNG MAN WITH A HORN'
BY Dorothy Baker, Vintage
1939 Hardback Book loosely
based on the life of jazz cornet
player Bix Beiderbecke, collectable book, private sale, £5
07770 430427

MAGAZINES FROM 1999 TO 2015,50 pence each, will sell 10 magazines for a £4 or makme an offer for the lot!! £1 01702 231002

A Dundee Detective by David Aitken. Murder by the River Tay. £2

Sleeping with Jane Austen by David Aitken. Madness on the East Coast. £2

Building Materials

hardwood front door 44mm thick with 2 glass panes thick with 2 glass panes with door furniture good condition £100 07788190709 or 01245440306

Cameras/ Camcorders

Photographic Darkroom Enlarger Krokus 35 SL, drawer for colour or multigrade B&W filters, 35mm glassless nega-tive carrier, lens, dustcover & stand plus accessories (Rom-ford) £35 07948 318956

Garden Furniture

GARDEN CHAIRS 4 white plastic stack-able chairs. £8

Beds/Bedroom

ANTIQUE CHILDREN'S SLEIGH BED

Good condition

Antique pine

Complete with mattress.

£300

Tel: 07971564418

FUTON COVER IKEA denim replacement cover and pillow/ cushion covers unused, still

replacement cover and pillow/ cushion covers unused, still wrapped, To fit Size 62" x 82" plus overlaps. £25 ovno 01277 652018

Bedroom set Light wood three drawer chest and matching single wardrobe.Excellent condition.Possible delivery. £80 01277 821149

Bedstead 3 ft Solid aluminium frame with wood. Will sell with

or without mattress. Good condition. £20.00 07710580363 or 01245 467385

CORBY TROUSER PRESS Model 7700 - mahogany, 3 heat programmes and 15, 30 or 45 minute settings. Excellent con-dition £50 ono 07736 165651

kingsize in cream.Wooden with removeable panels so you can put your own fabric in if required. £30 01277 824103

MAN UTD Curtains, bedside lamp, ceiling lampshade, bin, clock & bean bag cushion £50 ono 07736 165651

Single Bed, Black metal frame

with wooden slates, good condition, no mattress. £30 07961 094167

TRIPLE SLEEPER Bed this is

Clothing

made of metal and is in good condition. £70 01702 231002

ITALIAN PURE WOOL SUIT by

Mario Barutti, dark blue, double breasted 44" chest, trousers 38" waist/33" length only worn once, excellent condition £75 01277 652018

Coat Mens (M&S) formal dark grey/black, double breasted, wool/cashmere coat, never worn, size 37inch chest. £50 ono 07736 165651

LADIES SUIT jacket and skirt by

Austin Reed, size 12, dark navy with fleck, never been worn cost £330, price tags still on garments £75 01277 652018

Men's Trousers Press Corby Model 7700 - mahogany, 3 heat

Model 7700 - mahogany, 3 he programmes and 15, 30 or 45 minute settings. Excellent co dition £50 ono 07736 165651

Nike Hooded Gilet Royal blue, large boys age 12-15 (chest 152-158 cm), very good condition £10 01621 893321 or 07887842073

PURE WOOL SUIT double breasted jacket 46" chest, trousers 40" waist, 32" long by British tailor, Dunn & Co, never worn £75 01277 652018

ADIDAS Sports Jacket/ Coat Small Men/Boys (age 15) quilted, black - excellent condi tion £10 ono 07736 165651

Jeans Black BARGAIN Primark Mens Skinny black jeans W30 L30 (were £10 new - still with tags on) £5 07736 165651

Ladies Coat Next Maxi Over-coat 80% wool. Navy blue. Size

coat. 80% wool. Navy blue. Size 12. Excellent condition. £10 01621 893321 or 07887842073

MINAVATOR 1000 STAIR LIFT

LENGTH. HARDLY USED. INSTALLED MAY 2017. 1ST SERVICE JUNE 2018. VERY GOOD CONDITION. CAN

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John Lewis Bed head For

Bedroom Chest of



One 5 drawer unit and two 3 drawer bedside units. All as ne excellent condition. Pacific birds excellent condition. Pacific blue gloss finish. W50 x D40 x H85 and Sell as package or can sell separately. Hornchurch area.

£220

01708 700467

Bedroom Furniture 2 Wardrobes &1 marching Dressing Table, teak in colour, good condition, owned from new, easily dismantled if need be, (will help if necessary), buyer collects, quick sale required. Photos available. £75 ono 07941738384

Craftmatic Adjustable bed tronic double bed, operation by handset, vgc, owned from new, includes instruction manual, buyer collects, quick sale re-quired. £100 07941738384

Computer/Games

DESKTOP COMPUTER CPU HEATSINK AND FAN. AKASA NERO AK-967 for Intel LGA775 and LGA1366 and AMD 939, AM2 and AM2+ processors. Low noise 120mm PWM fan. 3 Long U heat pipes for rapid heat transfer. Push pin (Intel) or cam-lever (AMD) mounting In good working order and car deliver. £20 01438 318734

DESKTOP COMPUTER CPU HEATSINK AND FAN. AKAS, NERO AK-967 for Intel LGA77 and LGA1366 and AMD 939, AM2 and AM2+ processors.

Low noise 120mm PWM fan. 3 Long U heat pipes for rapid heat transfer. Push pin (Intel) or cam-lever (AMD) mounting In good working order and ca deliver. £20 01438 318734

DESKTOP COMPUTER RAM

1GB made by OCZ Technolog 240pin, DDR2 SDRAM, HPC (Heat Pipe Conduit) 1066Hz (PC2 8500). Model OCZ2R-PR10662GK. Can deliver. £7 01438 318734

DESKTOP COMPUTER RAM. 1GB made by OCZ Technolo 240pin, DDR2 SDRAM, HPC (Heat Pipe Conduit) 1066Hz (PC2 8500). Model OCZ2R-PR10662CK. Can deliver. £7

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FIRST GENERATION COMPLETE
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DER. EVEN THE ORIGINAL BOX
AND ACCESSORIES. COMES IN
A SMART LEATHER CASE. £85
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wireless guitar, drum kit & Beatles Rock Band game. Not boxed, but hardly used & in great condition. Ring after 7.30pm. £80.00 01245 610330

Sat-Nav Binatone F435 satellite navigation system with case, car charger, windscreen holder and user guide. All in new condition & never used. £30.00 01245 610330

DESK Oak finish/Tesco's, suitable for home or office use L 120 x D 65 x H 70, good condition £25 ono 07736 165651

IKEA DESK CHAIR Wooden/ wheels, excellent condition £25 ono 07736 165651

COOLER. Picnic by Ascot.Navy wheeled cooler with attached removable picnic set for for 4.Includes plates/cutlery/nap-kins/glasses/cheeseboard/salt/ pepper. £70 01245 355418 **Caravan and Trailer parts** Sony monitor 17" Good working condition. Not used much. Complete with box and packaging £20 01277 216075 Winches with accessories. Good condition. £40 each. £40 01245 400026 Caravan Stabiliser Prop Stands All complete x 4 Good condition. £18 EACH. £18 01245 400026

AMAZON Echo dot 2nd generation. £20 01245 355418

Home Improvement

BARGIN. WHITE EASY OVER RA-DIATOR SHELF: 3 FEET LONG X 6 INCHES WIDE. AS NEW, REDUCE HEAT LOSS. LOOKS SMART TOO. £5.00 07751364936 or 07751364936

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Claud Butler

Originally cost £660

£400 ono

Kids bikes. Three girls bikes: One mid-size, one teenagers and one tots bike. All very good condition. To suit 5, 10 and 15 year olds. All Bargain prices for each. £25 01462 639410 or 07833 626029

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7734 77292 01 01243476144 **Trailer bike.** Trek childs tow-a-bike. For attaching behind adults bike to enable child to be towed along. With operating pedals. Good quality make and excellent condition. £40 01462 639410 or 07833 626029



Medium size/larger size Evergreen Ideal for hedging purposes

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Gardening. Black&Decker lawn mower with box good condi-tion, plus scarifier. Both Free, collect only. £1 01277224705

Qualcast Hover Mower

(Sales)

Mark Hill Hot Rock Rollers Mark Hill Electric Hot Rock Roll-

EXERCISE BIKE Aidapt VP159R Electric mini exercise bike. £15 01245 355418

INDESIT BUILT-UNDER DOUBLE OVEN



Model IDU6340WH in White, Cost 260.99 new but going for just 130 to clear quickly, as it will not fit in planned location. Must be collected from South Woodham Ferrers. Tel: 07768 404861

Oval pine table with extending centre piece and 4 chairs vgc move forces sale £50 01621 927597 or 07519126957

Fridge Freezer LEC 50/50 split W53cm, D61cm H123cm (Romford) £15 07948 318956

Vaccuum Cleaner Sebo au tomatic X1 with attachments Works well. £20 01277821149

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Furniture

NEARLY NEW 3 & 2 SEATER SOFAS WITH



Immaculate condition, Grevpillows. Large 3 seater and 2 seater sofas and wing back ch sofas and wing back chair Very comfortable.

£700 ono

Tel: 07768 362003

SOLID OAK FURNITURE



of 3 tables and TV unit. Some scratches on tv unit where tv sits TV stand will cover. Coffee table 60, bookcase 60, nest of tables 40 tv unit 40

£200 ovno

Tel: 07768 362003

Excellent condition. Buyer collects. £80 01621 893321 or 07887842073

3 Piece Suite 3 Piece Suite, old, but very seldom used. therefore in excellent condi-

Christmas Plates Royal
Doulton 1st/2nd/3rd Xmas
plates:1977/1978/1979 still
boxed-beautiful Victorian
designs, excellent raffle prizes
or collectors items £10ea or 3:
£25 ono 07736 165651

Dining Table Very Good Quality drop-leaf dining table. 5'2' x 3' extended, dark wood, some ware & tear marks, but a very solid well made table. Photos available, buyer collects, quick sale required. £50 07941738384

Mahogany display cabinet Mahogany display cabinet. Mir-rored cabinet with glass display shelves, storage cabinet with drawer under . 6 years old and in beautiful condition. £95 07956 385719 or 01245699088

Mahogany table and four chairs Sutcliffe mahogany extending table and four chairs. 6 years old and hardly used. Chairs have beige cushions. £98 07956 385719 or 01245 699088

which converts to double bed. Very comfortable. Sturdy steel frame. Clean condition. Practi-cal piece of furniture. Could de-liver. Bargain price. £45 01462 639410 or 07833 626029

Teak Unit. Lovely cabinets sideboard. Solid teak woo Sideboard. Solid teak wood. Glass display doors at top. With shelves. Perfect condition. Could deliver. Bargain price. £30 01462 639410 or 07833 626029

Wall Unit, G Plan ,Teak, includes lighting, glass display shelves and two drawers. Width 2' 6" Height 5' 10" Depth 21". Excellent condition. Buyer collects. £50 01621 893321 or 07887842073

Welsh Dresser Stripped Pine Height 193cm, Width 101cm (or 94cm without towel rail), Depth 51cm. Three drawers and a cupboard on bottom shelves on top Chelmsford £100 07754 972942 or 01245476144

2 High Back Chairs 2 High Back Lounge chairs 2 high Back Lounge chairs, very comfortable, tapestry type pat-tern, photos available, buyer collects, quick sale required. £50 ovno 07941738384

adjustable height chair Brown hospital type chair ideal if recovering from a hip replacement operation. New was £120. £60. £60 ovno 07884305625 or 01279419976

Nest of Tables Nest of 3 Tables, teak in colour, in good condition, but some surface marks, easily restored, not damaged as such, quick sale. £25 ono 07941738384

Retro Formica Cabinet White & Teak effect; 2 glass doors & interior light; fold down door; shelf; 2 cupboards, 3 drawers W60" H52" D16" on castors (Romford) £20 07948 318956

Sofa. Three seater sofa. Nice material. Clean. Remov-able cushion covers. Good condition. Comfortable. Could deliver. £40 01462 639410 or 07833 626029

UTILITY SIDEBOARD 1940's

approximately 4'6" wide x 33" high x 19" deep medium coloured, four drawers and two

cupboards with shelves. £15 01277 652018

Coffee Cups & Saucers Set BEAUTIFUL Aynsley Blue Mist delicate design, 6 piece set, still boxed never used. £35 ono 07736 165651

Coffee Table Oval Coffee Table, teak in colour, vgc photos available, buyer collects, quick sale. £25 07941738384

Lamp, light cream shade, white/gold trim/base, VGC. buyer collects, quick sale required. £20 07941738384

2 brass five arm centre lights 2 brass five arm centre lights. Will split if required £40 07956 385719 or 01245699088

Miscellaneous Sales

BUSHES, EXTRA THICK BUSHY FOLIAGE PLANT NOW FOR INSTANT EVERGREEN HEDGE, 3 YRS OLD ALL POT GROWN IN HOLLAND, PHONE TO SEE SAMPLE, EU. 30 01268711002 or 07542880771 SUPERB QUALITY LAUREL

DESK UNIT 2 drawer/oak finish/wheels, bottom drawer

Lounge suite Red leather look sofa-large and matching arm chair.Excellent condition. delivery could be arranged £80 01277 821149

Nest of Tables Nest of Tables, glass tops with leatherette style insert, vgc, photos avail-able, quick sale required. £45 ovno 07941738384

Bookcase Wooden bookcase H46insW30 D12 Glass doors with 4 shelves.Lovely condition £50 01277821149 DESK Oak finish, Tesco's, suit

able for home or office use 120 x D 65 x H 70, good con tion £25 ono 07736 165651 **fireside chair, careco** sherwood oatmeal fireside chair, excellent condition, sturdy. £70 ovno 07548524017

For Sale Wiggingtons solid pine rocking chair. Excellent condition. £55 07910 784037 or 07847105858

IKEA DESK CHAIR Wooden/ oak effect/chrome legs & wheels, excellent condition £25 ono 07736 165651

Reclining chair, High back in green cloth material with wooden frame, good condition £50 07961 094167 ROCKING CHAIR Glider nurs-ing rocking chair. White. (No cushions/covers.) £20 01245 355418

CABINET Corner cabinet for TV/

DVD/Sky, silver grey with glass doors. £10 01245 355418 Coffee table Square shaped, solid wood, good condition £35 ono 07736 165651

Office Chair Black, on wheels, all features, good condition £35 ono 07736 165651

Kitchens

SINK & FRIDGE FREEZER

Astracast Cascade one bowl cashmere sink, 790 x 480 m.m Unused. Wrong colour for new kitchen.

£70 no offers

Bush freestanding, frost free fridge freezer. Model BFFWX60185G. 70/30 split. Net storage volume 231 liters. Freeze 87 liters. 595 x 632.5 x 1855 m.m Too big for new kitchen. Few months old and as new. No offers.

£150

01279842721

Howdens Pull Out Larder S00mm Pull out larder with fixings and baskets. 18kg Maximum load per basket. Used for couple of months the removed from new kitches the removed from new kitches the removed from the kitches of the removed from s then

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Business

Public Notices

THE HARLOW DISTRICT COUNCIL (LONDON ROAD NORTH) **COMPULSORY PURCHASE ORDER 2018** COMPULSORY PURCHASE OF LAND IN **LONDON ROAD NORTH**

- 1. Notice is hereby given that Harlow District Council has made the Harlow District Council (London Road North) Compulsory Purchase Order 2018 under section 226(1) (a) of the Town and Country Planning Act 1990. It is about to submit this Order to The Secretary of State for Communities and Local Government for confirmation, and if confirmed, the Order will authorise Harlow District Council to purchase compulsorily the land described below for the purpose of facilitating the development, redevelopment or improvement of land within the Harlow Enterprise Zone which is likely to contribute to the achievement of the promotion or improvement of the economic, social or environmental well-being of the acquiring authority's area.
- 2. A copy of the Order and of the accompanying map may be seen at all reasonable hours at Civic Centre, The Water Gardens, College Square, Harlow, CM20 1WG.
- 3. Any objection to the Order must be made in writing to The Secretary of State for Communities and Local Government, National Planning Casework Unit, 5 St Philips Place, Colmore Row, Birmingham B3 2PW before 22 October 2018 and should state the title of the Order, the grounds of objection and the objector's address and interests in the land.

DESCRIPTION OF LAND

Land and buildings on the North West Side of London Road, Harlow, to the West of the roundabout between London Road and The Chase, to the East of Arrow Electronics (UK) and approximately 500 metres directly to the South of Mark Hall Sports Centre which comprises approximately 3.88 hectares.

Dated this 24 of September 2018

Amanda Julian Legal Services Manager Harlow District Council Civic Centre The Water Gardens College Square Harlow CM20 1WG

TOWN AND COUNTRY PLANNING ACT 1990 PLANNING (LISTED BUILDINGS AND **CONSERVATION AREAS) ACT 1990** Planning (Listed Buildings and Conversation Areas) Regulations 1990

Town and Country Planning (Development Plans and Consultation) Directions 1992 PUBLIC NOTICE OF APPLICATIONS

The following applications have been received by Harlow District Council. These applications and others received can be inspected at Harlow Council Planning Services, Civic Centre. The Water Gardens, Harlow, Essex, CM20 1WG on

Monday - Friday, 9am - 4:45pm. If you are unable to view the plans during these times, please telephone Planning Services on (01279) 446856 where a suitable appointment can be made with the relevant case officer.

Anyone who wishes to make representations about these applications should write to the Council at the above address within 21 days of the date of this notice.

Application Type:

Location:

Proposal:

HW/FUL/18/00378

Full Application Flat Block 153-158 Nicholls Field

Harlow Essex

Replacement Communal Entrances/

Stairwell Screens and Doors at 153-158 Nicholls Field Reason for Advert: Harlow District Council Application and

Local Public Interest

Essex County Council

(Carters Mead, Harlow) (Temporary Prohibition of Traffic) Order 2018

Notice is hereby given that the Essex County Council intends, not less than seven days from the date of this notice, to make the above Order under Section 14(1) of the Road Traffic Regulation Act 1984 Effect of the order: To temporarily close that length of Carters Mead, Harlow in the District of Harlow, from a point approximately 275m northwest of its junction with Southern Way for a distance of approximately 20m in a northwesterly direction. The closure is scheduled to commence on 24th October 2018 for 3 days, or where stated on a valid permit (EP02231002459 – EJ Taylor & Sons Ltd). The scheduled dates may vary for these works with appropriate signs showing and/or displayed on www.roadworks.org. The closure is required for the safety of the public and workforce while installation of speed ramp works are undertaken by EJ Taylor

An alternative route is available via Potter Street Southern Way and vice versa.

The Order will come into effect on 11th October 2018 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.







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TIMA, pretty Asian lack 32ym. Uses at home & works in family business. Hoping to meet a kinety older man erto is understanding of her situation. Text only, Bos. 4:25494 §

JACQUELINE, 60, blue eyed attactive petite blonde, fotoclive and social, looking to most similar land male for LTR. Tet No: 0906 515 4456 Box No: 430255 ©

PASSIVE kindy lady, 48yrs. Blando, gnoen cycs, amortly dressed. Hoging to meet a strong vinded older man to repect faxt Only, Box: 4018047 8

TAMMY, proby brack lady, Long dark flair, lightlish akin. 38yra Hoping to meet a much older kindly white gent for romance Text Only. Box: 4006020 B

Text Only, 80x: 4006020 (3)

LADY, seeking a trustworthy, charlot, dentilities, attractive, summi natived or natived afficient man, who knows how to freat this attractive, independent woman, who has loss of hose time on her hands to spend with the right person. If you led like you could be my could made their place that the risk could have the risk of the time to the risk of the could be my. Tet Mor. 0000 \$15,4454 Stax Mc-432131. No: 432131

tools, Silyre, blande, larger build with own home. Demands that a men who knows his place in life calls her today. Text Only, Bos: 4139844 B

4139844 B
SANEY, 60s, nice ledy, good personality and GSCH, likes eating out going to the cinema, the seasife, all the usual things. WILTM someone 10 share interests, a gentleman, 60-75, who is housed and enterest and who is honest and sincere and would like to spend happy times Price ahead. Tel No: 0005 515 1456 Box No: 432509

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HARRIETT 42yrs, blue eyed brunette with long legs and de-cent curved Looking for a cheeky selventurous man for fair only. I live alone in the North East so can accommodate but can also transf. Over the a type of the S15 3028 Blox 420205

FEMALE, 50, widow, tall, silm and active, very outgoing person. floor walking and having some fun, WLTM someone for

SINGLES READY

DEBBIE, 41, sthractive, young looking divorced fernale, seeking male who wants but does not need a opecial someone in their life. Single dad welcome. Tel No: 0966, 515, 4456. Box. No: 432345 ff.

AMANDA, 26yrs, attractive lad Solvent and well educated and spoken. Hoping to meet a broadare married or engle. Widands but can travel. Tel: 0906 515 3032 Sex: 429287 brown, silm but well built, health, likes koeping fit, looking for a write formule, correcte fun who likes to test, to get to know each other and have fun together. Tel No: 8006 515 4956 Box No: 430000

ACTIVE Essex boy, 60, seeks maker Essex gol for discret no strings meetings and raughly but very rice fur. Tact only replies. Mailbox: 9019599 ()

BLACK male, 50, kind, caring nesugorig, seeks white lemals, 49-50, for good times and relationship. Tel No: 0906 515 4456 Box No: 428003

4456 Box Mo: 428003
RICHARD, hisnelly and easy going, likes football, swimming, music, walking in the country-lide, colling out, spent, volumerary work and many reore things in 18s, looking for a female, 16-79, with similar intercepts. Tol. No. either strengs intercepts. Tol. No. eith 515, 4456 Box No: 432315

BLACK man, 30s, looking for a genuine and honest lady for triendship and maybe more. White or Asian, 29 to 40 years old. Get in touch. Text only replies. Makhou: 644873618

regules. Statistics: 04497-3973
MM. builder: 45. bill. good tooking, bind heartest, OBOH, sassigating, filed sared correlatoreals, into public, clubs, lists mastic, sports, outdoor pursuits like walking, mountain billing sard took climbing. WLTM is lowing learned. Tel Niv. 0908-515-4456. Dox No: 432407-3

SANDY, handsome young man-looking for a reletionship with an attractive young woman. Tet No 0906 515 4456 Box No: 432363

HANDSOME, gargeous, malure man, seeks bubbly, happy worsars 40-55, for test messages worsers, 40-65, for test messages and relationship. Tel No. 0906 Bt guy seeking younger guy: I live on my own and can accommodate. I



Hauritzi B KERRY, professionali lady, om house, car etc. Well groomed and educated. I am just missing that special someone. I am 42 pris but do low the company of an older pentienan. Text Only. Box: 4000471 B KAREN 38 slim and attractive seeking confident professional for triandaria, maybe rece. Tel No. 19606 515 4456 Box No. 432406 B

DISCREET CONTACTS

A (DATE) (0184915

Lonely and missing romance and private moments. Heging to meet

SUSANNE, 44yrs, very lonely and looking for lows with considerate, loyal male with lots of low to give and GSOH. Tell No: 8995 515 4456 Box No: 432421 B

s like minded gent of any age. Test Only, Box: 4063214 8 GERMA, 40s, curry brunette who loves life and living it to the full, looking for kind heart male to share fun, laughter, love and lots

of good times. Tel No: 0906 515 4456 Box No: 432447 B T'SNEVER'TOO (ATE TO DATE

HELLO my name is Ken. 50s. hausy go tucky, howers in risk, still, hausy go tucky, howers, reliable, and trustworthy. WLTM a lady, 60+, to have a laugh, cup of tea and see what happens. Give me a ring. Tel No: 0006 515 4456 Box No: 430541

Box Mo: 436641 SIMON, Seyne, widower: Own business & wary successful ex-cept finding that apectal tady. Agañosks unimportant but must be loving & loyal. Let me spoil you. Text Only. Box: 4153755 8

HUGE Stack, British born male, five foot sleven, semi pro body builder, extremely good looking with a vibrant and wrining personality. Get in louch and I'll send you a pict Tel No: 0906 515 4455 Box No: 420155

HANDSCARE good looking white male. I leach hot yegs but I am looking for a hot date. I am physically fit, call me if you want to get in buch. Tel Ma: 0506 515 455 Box No. 420167

SEAN, sutgoing considerate, likes swimming, going out for meals, day trips, engaying tile seeks lady 16+ for friendshippossible relationship. Tel No: 0906 515 4456 Box No: 430723 🖁

434723 ff GERRY, good looking black guy. 45, merried, looking for a whate merried lady of similar age, for looking fair and laughter and possible occasional resets. Please get in conflict you won? be disappointed. Tel No: 0996 515 4456 Bex No: 432327 ff



service FREE visit localgaydate.co.ul

am sure I can be up for anything. Text only replies. Box no: 4279574 [515 4456 Box No: 432361

SEAN, hard man, outgoing considerate, live days hips, pool swimming, chilling out, seeks hard man gangster 19+ Tel No. 1996 515 4456 Box No: 430721 TREVOR. 25yrs 5 bi cyric Text Only. Box 4155365 B



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IN BRIEF

Westley first back for club in five miler

HARLOW Running Club had a fantastic turnout at the Saffron Walden Five Mile race, held at nearby Debden Airfield, with a total of 26 runners.

The course was flat and the cool conditions resulted in eight personal best times for the distance.

First home was the ever improving Martin Westley in ninth place out of 187 finishers in a PB time of 30min O0sec.

He was followed home by: John Bull 37th in 35:22, Carinne Jay 40th and second female Vet45 in 35:30, Martin Elven 42nd in 36:01 (PB), Graham Saville 44th and third Vet60 in 36:22, John Tennant 46th in 36:57, Colin Moody 52nd in 37:27, Kerry Mavris 60th in 38:17 (PB), Jim Bates 73rd in 40:10.

Alan Wellbelove was 82nd in 41:01, Laura Prime 98th in 42:20, Debbie Barry 101st in 42:28, Robin Lozeau 102nd in 42:46, Vanessa Bull 103rd in 43:00 (PB), Wendy Schroder 107th in 43:22, Bill Brunton 110th in 43:44 (PB), Hannah Martin 114th in 44:15, Debbie Smith 117th in 44:30, Louise Peacock 1128th in 44:44. Tracie Cook 135th in 46:42. Helen Barnes-Martin 153rd in 49:11. Liz Roberts 154th in 49:27 (PB). Alison Bull 155th in 49:44, Linsey Pearson 156th in 49:41. Kim Wookey 161st in 60.31 and Helen Brunton 181st in 58:20.



Much-needed Hawks win is controversial

HARINGEY FUME AS EQUALISER IS RULED OUT

By IAN BARHAM

sportsdesk@hertsessexnews.co.u

HARLOW Town rode their luck at times, but defended doggedly to secure only their second win of the season as they beat Haringey Borough on Monday night.

The result was a much-needed one for embattled Hawks boss Danny Chapman, who had seen his side slump to a 1-0 loss at home to Dorking in the Bostik League Premier Division just two days earlier.

Charlie Edwards put the Hawks ahead from the penalty spot with 15 minutes to go, before Jason Raad's delightful injury-time finish sealed the win.

The game was embroiled in controversy, however, as Haringey Borough had a goal disallowed in the final ten minutes, despite the ball seemingly crossing the line.

A host of missed chances earlier on proved costly for Haringey as Harlow Town defended valiantly throughout to hang on to a vital three points.

Haringey should have gone ahead midway through the first half with a glorious chance, but Karl Akinwande blazed his effort over the bar from six yards out.

The hosts continued to probe in the second half, but the Hawks' defence held firm.

Akinwande put an effort wide of the goal under pressure, and then when another chance fell to the striker he was denied by keeper Josh Bexon who parried away a powerful shot.

Michael Ademiluyi saw another effort cleared from underneath the post, as Harlow Town hung on for their lives.

The breakthrough went the way of Hawks, and it came from the penalty spot. Substitute Jules Haabo broke through the defence and touched the ball past the onrushing Valery Pajetat, who clipped the heels of the attacker.

Edwards sent the goalkeeper the wrong way with the spot-kick, tucking it away neatly in the bottom corner.

In the 83rd minute Haringey delivered a dangerous free-kick into the box that was turned in towards goal. It clattered into a post and then into the net, but hit the stanchion and rebounded out.

The Haringey players wheeled away to celebrate, but with the assistant referee refusing to award the goal, the referee indicated play on. The game was held up for several minutes as the aggrieved hosts, who rightly felt the scoreline should have been level, protested with the match officials.

The Hawks sealed the win in the fifth minute of stoppage time. A terrific turn from Raad on the edge of the area bamboozled two Haringey defenders, and his dipping shot flew into the back of the net.

The Dorking game saw Chapman ring in the changes, with defender Christian Scales returning to the side, new signing Nathan Fox from Coggeshall Town, and experienced winger Nathan Koranteng making their debuts.

Assistant manager Danny Chapman said: "We needed to make changes and it will take time for the new players to settle it."

Meanwhile, Alex Clark amd Timothy Obisanya have both left the club. Harlow will host Southend United in the third round of the Essex Senior Cup.

"It will be tough, but it's a nice fixture for the club," added Knight.

"We're out of the League Cup so we will be focusing on it 100 per cent."

Harlow Town travel to Margate this Saturday.

Harlow teen is snapped up by Colchester

A THIRTEEN-year-old from Harlow with a passion for football has taken his first steps up the sporting ladder to what he hopes will one day be a professional career after signing for Colchester United.

Abdul-Rahamn Kazeem, a pupil at St Marks School and a long standing member of Paringdon Youth Football Club, has been enrolled on a two-year Academy contract with The Eagles.

The youngster can play in any position, and his Paringdon Lions U13s coach Gregg Pike coach, he is proud of Abdul's achievement.

"Abdul-Rahamn joined Paringdon Youth Football Club as a bubbly, happy and enthusiastic five year old who just loved to play the beautiful game," said Pike.

"After spending a couple of years enjoying open, fun but relevant training sessions he was one of the original group who started together at U7 Lions.

"Moving through the age groups and formats Abdul-Rahman has been an integral part of the team playing in multiple position, learning the game, developing his individual skills whilst maintain a huge smile at all times.

"He truly is a fantastic lad who has been an absolute pleasure to coach over the past six years. He has always applied himself, worked hard, been dedicated and committed to his work and his personal development.

"Having been with the team for so long and part of the original group it's sad he is leaving us.

"I'm sure it won't be required but there will always be a place here for him.

"This truly is an amazing opportunity and I'm sure he will continue to be committed, work hard and enjoy his football.

"I'm sure I can speak on behalf of his team-mates, parents and Paringdon Youth Football Club in wishing Abdul-Rahman the very best of luck with his journey."





BUSINESS



isit our website at essexlive news/husiness

Thursday, October 4, 2018

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HB Accountants was established in 1921 and has been based in Hoddesdon for 35 years.

It is run by directors Keith Grover, Karen Chase and John Neighbour.

The firm has clients across the UK but Hoddesdon and Broxbourne are at the heart of what they do, serving a growing number of local businesses, including those on Pindar Road across a wide variety of industries

They take time to get to know their clients and offer them imaginative and practical solutions, delivered with excellent technical expertise. Their ultimate aim is to give clients stress-free lives and peace of mind and help them achieve their goals. They also strive to grow their team and their skills.

■ Focus on the Community

HB Accountants is a professional and friendly family firm and plays a proactive role within the community. The whole team gets involved within local events such as Love Hoddesdon BID and Your Town; schools and colleges with advice at careers fairs and the HB Apprenticeship programme; the Dragon Boat Race and stalls at summer fairs. In the past 12 months the team has raised over £5000 for their chosen charity Teens Unite

■ Multi-award winning In the past two years the success





of the firm has been recognised through business awards. HB Accountants has been shortlisted as finalist 8 times, going on to win awards for FSB Best Customer Service and Apprentice of the Year 2016; Herts SME Awards 2017 Best Training and Development and Inspiring Herts 2017 Excellence in People Development.

■ Ambition Broxbourne

Ambition Broxbourne is in its 4th year and is a hugely important business and community initiative for two reasons. Firstly, it's an incredible resource designed to help Hertfordshire entrepreneurs and small businesses develop their sales and marketing skills in order grow their businesses. Secondly, 100% of our ticket sales go to two amazing local charities.

HB Accountants have been actively involved in all four Ambition DO you have the AMBITION to ensure your business survives you?

If you own a small business or are a sole trader, have you considered whether you have made adequate provision for if you are no longer around? This doesn't just mean unexpected death, but simply being out of action temporarily - for example due to illness or being stranded abroad.

Business Continuity is important for everyone - but especially so for small businesses when a lot of the most important information is kept in your head!

Curwens believes helping small business succeed is vital for our local economy and community. That is why we are again sponsoring the annual AMBITION event in Hoddesdon. You get top advice from keynote speakers, plus the chance to network.

So to ensure the future of your business, book your AMBITION 2018 ticket and then consider these important points:

- Is your business capable of continuing to deliver its products or services after a disruptive incident?
- How would the business continue to run if you (or a key person) suddenly died, or had an accident that put them out of action?
- What happens if there is a practical problem such as fire or flood, IT

systems crash, or even something extreme like a terrorist attack? Even a short interruption can have a disproportionate effect on a small business. Plus, it is more difficult to absorb the financial impact of any business interruption. A high percentage of small businesses affected by a major incident either

never re-open or close within 18

months.

It is therefore essential that you have a Business Continuity Plan together with appropriate insurances, a will, and any Lasting Powers of Attorney in place. Make sure your employees/family know where all these documents are kept!

- Making Your Business Continuity
- Step 1: Define your disasters and assess your risks
- Step 2: What would need to be done in the event of a disaster
- Step 3: Test the plan

At Curwens LLP, we can help with all areas of protecting your business from commercial property and company advice, to dealing with employees, to assisting with the more personal matters - such as preparing a Will or Lasting Power of Attorney. Just give us a ring on 01992 463727 or visit www.curwens. co.uk.

■ Curwens LLP is based in Royston, Hoddesdon and Enfield.

Rural broadband: How to improve your speed

By CHARLOTTE PAGE

charlotte.page@reachplc.com

LOW internet speeds are said to be preventing small rural businesses from competing in the modern economy, says the Federation of Small Business.

One business struggling up until the point of installation of highspeed broadband was Abundant Solutions in Buntingford - a company enabling business success through systematisation and automation.

Co-owner and sales director Paula Hine said: "At one time we had a voice over internet protocol (VOIP).

"VOIP systems are generally a cheaper alternative to a landline.

"When we were working downloading and uploading files the phone line would often cut out mid-

conversation.

"We would have to apologise and say: I'm sorry I don't know what's happened there - it's an internet issue." Abundant Solutions would also have difficulties with their online training sessions.

"We do online training so we really needed an internet connection for that," continued Paula. "It could cut out mid training session."

Uploading the call back to their website would also pose problems, with half the call sometimes lost when the internet would crash.

The small team of four would need to know what each other were working on as a means of preventing the internet from crashing.

Thankfully the roll out of superfast

broadband has helped Abundant Solutions - but there is still work to be done.

Paula added: "Getting into more

rural communities is significantly important, well in any business community, but certainly in more rural communities.

"Buntingford is rural but it is not like we are in the middle of nowhere."

In the last budget the Government introduced a £67 million voucher scheme called the Gigabit Broadband Voucher Scheme.

This allows businesses to claim up to £3,000 to cover the costs of connecting to full fibre broadband and forms part of a larger Government project to get 10 million homes and businesses connected using full fibre broadband by 2022.

The Federation of Small Businesses (FSB) says it is in favour of this scheme, vet more businesses need to know about it. Branch leader Pam Charman of FSB Hertfordshire said: "Access to high quality broadband is incredibly important for

businesses to be able to compete in a modern economy. There has been some progress but more needs to be

"Our members in Hertfordshire tell us they are held back by poor broadband coverage, poor quality of service and slow speeds which are a major frustration for smaller businesses seeking to do more online.

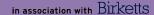
"We welcome the voucher programme introduced in the last budget, which provides full fibre broadband connections to businesses, however it is important to improve take-up.

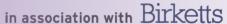
Government must work in partnership with organisations like FSB to raise awareness of these opportunities."

For more information or to see if your business is eligible log on to gigabitvoucher.culture.gov.uk/ for-businesses/

RickardLuckin

FRP









Thinking about a succession plan

It's often the last thing people deal with but Amit Popat argues that thinking about the future will help shape your present strategy

urgent to take care of in business, particularly if you're the person in charge. This is the main reason why succession planning tends to get pushed right to the bottom of that never-ending 'to do' list.

While we all know how important it is to plan for the future, the need to address present issues simply takes over. Not to mention the fact that when things are going well, it's all too easy to believe that you will go on forever.

However, all business owners will

HERE is always something benefit from devising a plan that details how they intend to exit the company, such as via sale or by passing on the reins to the next generation.

> A good succession plan will bring both reassurance and relevance, because it will clearly define your intentions and help you align your business strategy accordingly. This will help you to meet your financial needs well into the future, as well as securing a smooth transition for your employees.

Here are some key points to consider for your succession plan:

■Succession planning must form part of your longer-term strategy

A good succession plan considers the long term and will work towards the achievement of a specific goal, set at least five years into the future.

For example, if you are nursing a vague idea about selling your business, consider that you will have to prepare it for sale. How long are you likely to need to do this successfully?

You may also need to assess the existing talent within your business, and whether it is able to support your future plans. If your current employees are not appropriately skilled, you may need to invest in training or additional staff.

■ What is the value of your business... and what do you want from

Consider how you will gain the maximum value for your business. You will most likely need to ensure that it can properly support you and your family in the future, as well as enabling you to move on to the next exciting chapter of your life.

If you are unclear as to the current or possible future value of your business, arranging an appointment with your bank or accountant is a good starting point.

■ Who are the potential future owners?

If you are in charge of a family business and would like it to remain that way, you will need to think carefully about your family members' strengths and potential limitations. Are they capable of stepping up and taking over from you?

If you are planning to prepare your business for sale, it will be helpful to think about who might take over. Don't forget about your existing partners, directors and employees, as some may well be ready to buy in the future.

This could help to ensure a stable transition as you move on, as well as keeping your key people motivated towards an exciting future goal.

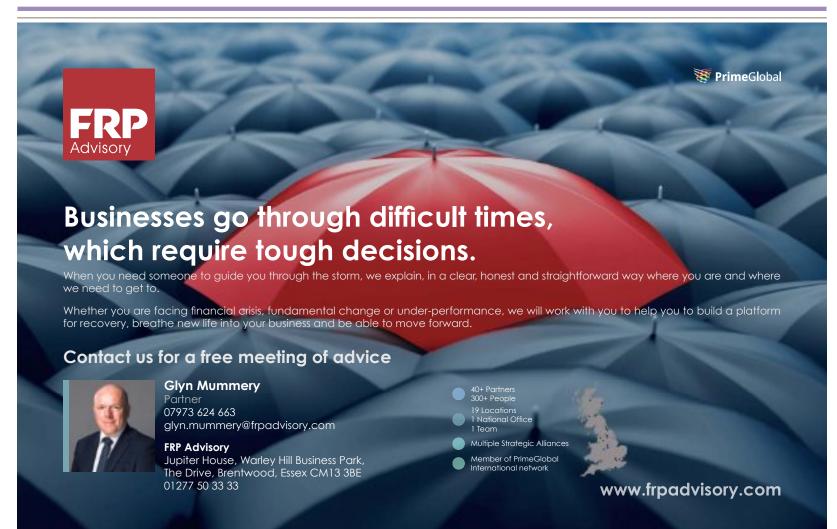
Remember that you will need to



continuously revisit your succession plan, in order for it to remain effective, and so as not to waste all your hard work.

Our specialist team works in partnership with businesses both large and small, helping them plan to achieve their future goals.

If you would like to discuss your own succession plan in further detail, Rickard Luckin can help simply contact us to arrange an informal meeting.



BUSINESS

The importance of planning ahead

Glyn Mummery, specialist business advisor and insolvency expert at FRP Advisory LLP based in Brentwood, explains the importance of having a robust succession plan in place for a business

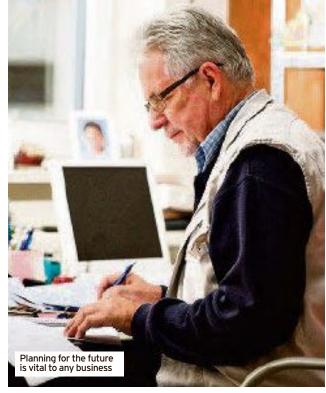
TEPPING down from a business can be difficult for any owner. Particularly in the case of small or familyrun firms, founders will have dedicated years of their life to establishing and driving its growth, which means letting go will be hard. Ensuring they are leaving the business in capable hands will be at the forefront of their agenda when it comes to cashing out.

Predictably, a change of ownership can often disrupt the day-today business operations. In my line of work, I've seen many firms suffer as a result of rushed or mishandled departures from owners.

Whether it's a lack of continuity causing disruptions to clients, failing to support staff during the changeover period, selling a business to an unsuited buyer or leaving it to illequipped management teams, the failure to plan effectively can all lead to financial difficulties, and potentially even insolvency later down the

Yet alarmingly, recent research has shown that less than one in four companies have a succession plan in place for the end of the current owners' reign.

This is a worrying number of businesses, and essentially means that 4.3million private UK business owners are in danger of their firms falling into distress if they don't act in advance of their departure.



isn't easy, but it is essential in should seek advice on the best when there is a change in leader-Implementing a succession plan ering paving the way for a successor out the transition period.

ensuring the longevity of a firm steps to facilitate a smooth exit route and help ensure everything ship. Any business owner consid- keeps running smoothly through-

Is your team up to the task?

DEVELOPING a competent workforce is essential to the health of any business.

Nurturing home-grown talent, supporting career progression and spotting future leaders are ways business owners can build a management team they would feel comfortable leaving their company to, and who know it inside out.

This can be an effective way to mitigate big changes whilst also maintaining continuity for employees and customers alike.

There may come a time when directors and managers want to be

more involved in the business - not just at a leadership level - but financially.

It's a great opportunity to turn your existing team into shareholders and pave the way for a management buyout.

It's on occasions like this when third-party investors can come into

Private equity is a great option for management teams who want to take the helm of the business they run and bring on additional capital and expertise. It can be an impactful way to turbocharge the



growth and can often give management teams a new lease of life to take a business to the next



Trade sale favourite

SELLING a business to another firm operating in a similar field is known as a trade sale.

This is a route favoured by many business owners who are looking to cash out, whilst ensuring their firm lives on as part of something bigger.

It also means businesses can share expertise, combine synergies, and build a stronger firm in the lona-run.

When looking to be acquired, its important business owners know the market value of their business. Don't accept low margins from

around for the right business to take yours under its wing. In any acquisition, it's essential to

investors simply as an easy option.

As you would anything else, shop

ensure the capabilities of both businesses are aligned.

For example, if you are a manufacturer of aluminium parts and you are acquired by a car manufacturer, the service lines should align seamlessly.

Beyond this, a cultural fit between staff is also essential for any merger or acquisition to work effectively.







When it's time to wind down



ON some occasions a business can ing paperless and everything being run its natural course, and winding it down is the sensible option.

If this step makes strategic, financial and emotional sense, then there are a few processes that should be considered for a smooth voluntary liquidation.

If you are no longer interested in the longevity of your business or there isn't a strong demand for the goods or services knowing in advance that you want to call it a day will help you wind down steadily.

We've seen this happen in many sectors, for example, many printing firms have taken the decision to go into voluntary liquidation.

With businesses increasingly turn-

stored on clouds or online databases, it's an industry which is in decline.

Many business owners in this sector who were looking to sell, have merely decide to scale back on what they do.

Shutting down a business can be a hard process - both the practical and emotional side of things.

This is when it's essential to have the support of third party or external advisors.

They will give you the objective counsel you really need, as well as ensuring the best financial outcome for all the exiting parties that are

Pass it on to the next generation

PASSING a business onto loved ones is a route favoured by many business owners.

sentimental attachment, so passing who'll be running the business is the baton to a relative is a good way to stay close to a firm, while not having the pressures of running take over the business has been it. In this situation, it's important to closely working alongside the take a step back and ensure it's the right decision. While handing a

business over to a family member is a great thing to do, business owners need to remain objective Family businesses are woven with and question whether the person right for the job. Often, however, the person who will be in place to owner and knows its inner workings inside out.



Changes to VAT procedures as **Brexit looms**

As we prepare to extricate ourselves from Europe, Ian Marrow looks at some of the issues involved with the VAT system

reading any further, there has been information issued by HMRC in providing for a "no deal" exit scenario on March 29 next year.

There are changes being implemented now to prepare for the move from CHIEF, the existing system for clearing goods into and out of the UK, to the new CDS system which is due to be up and running in early

■ If there's no deal

The first point is that there will still be a VAT system. Whilst the government's aim is to keep VAT procedures as close to the pre-Brexit ones as possible, some will have to change. These will mostly relate to trading between the UK and the EU.

■VAT on goods entering the UK from the EU

These will become imports once more (they are currently acquisitions). However, the government intends to implement a postponed accounting system so that the VAT can be accounted for on the VAT return when due, rather than at the dockside/airport.

As all goods entering the UK will be an import, this postponed accounting will be applied to goods arriving from non-EU countries as well. However, the payment of customs and other duties will still be required to "clear" the goods into the UK. The calculation of these

HILST the title may be charges by the use of the relevant enough to stop you tariff also links to the CHIEF to CDS change over.

Details of the proposed postponed accounting scheme have yet to be released, but on the basis that they follow the current schemes available, they are likely to require a guarantor for the value of the VAT postponed. You may want to start conversations with your bank/lenders about the creation/extension of such a facility.

■Exports of goods to the EU

To consumers

With no deal, there will be no distance selling rules, but it will mean that the goods are subject to import VAT and duties (if applicable) in the EU country they are supplied to.

To businesses

These will continue to be zerorated but with no EC Sales list requirement. Evidence of the exports to the EU must be retained and be of a level required currently for supplies to non-EU countries. Effectively, for those of a certain age, welcome back to 1992.

■ Services

The rules for determining the place of supply are expected to remain for the vast majority of supplies; including the general place of supply rule (which effectively shifts the accounting for the VAT due to the recipient).

■Tour Operator's Margin Scheme

HMRC is seeking to "minimise



any impact" of a no deal exit from the EU for businesses using TOMS; although non-government sources talk of the scheme no longer applying to meetings, conferences and exhibitions, or being abolished alto-

■ Mini One Stop Shop (MOSS)

Businesses supplying digital services to consumers the MOSS system will still be available but as a non-union scheme (currently available to non EU businesses making such supplies). However as the registration needs to be made in an EU Member State this would no longer be possible in the UK. With our MGI network Rickard Luckin will be able to source an EU advisor to assist in these matters.

This is an EU wide system for verifying VAT registration numbers. If the UK leaves with no deal, no UK VAT numbers will be verifiable through VIES. HMRC are working on a system to enable this as it is part of due diligence procedures.

■The Irish Question

HMRC will "provide more information in due course".

■ CHIEF and CDS

As well as Brexit the system for recording imports and exports (CHIEF) is being replaced by the Customs Declaration System (CDS).

The changeover is underway for some businesses testing the new CDS. CDS is expected to fully replace CHIEF in "early 2019".

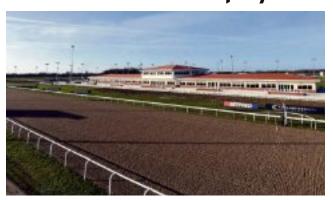
Where a business uses CHIEF they (or their transport agents) will need to familiarise themselves with the changes to entry data required by

Not only will CDS require additional information to CHIEF but you will need to ensure that the current commodity codes and country prefixes will not be subject to change

To find out more about the VAT services we provide, or to understand how Brexit impacts on cross border transactions for your business, please contact a member of our team



Get the latest on employment







Meet Birkett's new intake of trainees



Birketts has firm announced the appointment of 13 new trainee solicitors across its four offices in the East of England.

The trainees and their respective first departments at Birketts are:

- Andrea Bailiss (Commercial Propertv)
- Georgia Butterworth (Commercial Property)
- Georgina Everett-Beecham (Corporate Criminal Defence)
- Helen Galer (Employment)
- Laura Herbert (Corporate)
- ■Joshua Jaworski (Commercial
- April Lyon (Commercial Property) ■Georgina Mauger (Private Client

- Robert Mackay (Corporate)
- Catherine Moss (Corporate)
- ■Xiaguang Ni (Construction) ■Charlotte Simpson (Commercial
- Property SIPPS)
- James Stocker (Commercial Prop-

Jonathan Agar, Chief Executive Officer, for Birketts, said: "I am delighted to welcome this year's trainees to the firm. Birketts continues to grow at pace but it is essential that our trainee recruitment programme lays a strong foundation for our future. Having recently reported a record turnover of £47.85m for the last financial year, moved to new headquarters in Ipswich and passed the 600 mark for the number of partners and staff working at Birketts, the

future looks very bright."

Shaun Savory, Human Resources Director at Birketts, added: "Birketts operates structured graduate recruitment and trainee training programmes. Our overall aim is to give our trainees an ideal opportunity to develop their legal skills with high quality work and to find the practice area that best suits them."

Birketts offers training contracts to law and non-law graduates . To learn more about the trainee application process please visit our designated training contract web pages.

Birketts is listed as a Lex 100 Winner for 2017/18 in six categories: 'living up to expectations, 'low stress levels, 'work/life balance,' 'friendliness, 'social life' and 'vacation

law at event

SAVE the date in your diary for the lastest on employment law for HR professionals:

VENUE: Chelmsford City Racecourse DATE: 10 October 201 TIME: 09:00 - 13:00

DETAILS: An essential event for the HR professional. A half day of insights and updates on the latest key case law, legislative developments and topical employment law issues COST: F60

For more information and to book. visit: www.birketts.co.uk/events.

Clare takes over as head of Immigration

BIRKETTS, the top 100 law firm, has announced that Clare Hedges has been appointed Head of Immigration.

Clare joined Birketts as an Associate in September 2010 and initially advised on both employment law and immigration matters, before becoming fully focused on immigration work. She was named as an 'associate to watch' by Chambers [UK 2018] and is listed in Legal 500's [UK 2017] elite 'Leading Individuals' list of immigration lawyers nationwide.

Adrian Seagers, Partner and Head of Corporate Services, said: "Our highly-regarded Immigration Team has a comprehensive understanding of the challenges faced by our clients in today's global environment. This appointment is the next natural step in Clare's development and under her leadership I am confident the practice will continue to thrive."

Clare said: "Our immigration practice has grown strongly in the last few years and I am delighted to take up the position of Head of

Immigration at Birketts. As we prepare for Brexit, it is more important than ever for businesses and individuals to have access to high quality, specialist immigration advice which provides not only visa solutions, but dovetails with support on areas such as employment, property, international trade and financial and tax planning. Birketts is particularly well placed to provide a full range of immigration law services, ensuring our clients achieve their goals in the UK."





in association with Birketts







Succession buyout aiming at growth

Major changes in the structural organisation of Bailey Fisher Executive Search will be a catalyst for the company to expand

Search, a leading Cambridge and London firm focussed on the hiring of senior executives to some of the most successful companies based in the UK, has announced changes to its ownership structure which will further strengthen the husiness

After 20 years building Bailey Fisher to the reputation it has in the market, Paul Bailey and Ann Fisher, Founding Partners of the company, have supported Andrew Moore (Managing Director) in acquiring the majority stake in the business. Andrew leads the buyout team, alongside James Houlder and John Bridger.

Paul and Ann will retain a 20% equity stake in the business. This significant minority shareholding demonstrates Paul and Ann's ongoing involvement in the company and their motivation to see the business continue to grow. Paul will take on the role of Executive Chairman, with Ann becoming CEO of Women 4 Technology, and supporting the buyout team.

Bailey Fisher is an independent executive search firm focussed on technology, life sciences, digital health and private markets. The company is headquartered at St

bridge and has been trading for more than 20 years.

During this time it has built its reputation as a trusted business partner, helping to create and sustain impactful corporate management teams locally in the Cambridge technology cluster and across the

Paul Bailey said: "We are delighted, after 20 years of building Bailey Fisher Executive Search into the strong brand that it is in Cambridge and across the UK, that Andy and his team have been keen to take the business to the next stage. Ann and I will continue to support them, with me as Executive Chairman and Ann as CEO of Women 4 Technology, through the next exciting chapter of Bailey Fisher."

Andrew Moore added: "I have been working with Ann and Paul for the last 7 years, helping them to build Bailey Fisher into the successful business that it is.

"There was a great opportunity to secure the long term development of the business and I am delighted to have led the MBO, with Paul and Ann remaining a key part of Bailey Fisher going forward.

"It is very much business as usual as we continue in our aim of making Bailey Fisher the go-to executive

AILEY Fisher Executive John's Innovation Centre in Cam- search firm for growth companies across the UK."

PEM Corporate Finance acted as lead advisers on the succession buyout. Legal advice was provided by James Allen, Partner at Birketts. Steve Noon, Chris Teale and Jason Smithers of HSBC backed the transaction with funding.

Lake Falconer, Partner at PEMCF said: "We worked with Paul, Ann and Andrew to structure the transaction focussing on getting a good deal that was tax-efficient and would support the company's ongoing plans for growth.

"We raised debt finance from HSBC and it's great to see them back in the market with debt finance for buyouts. And we're delighted to have helped Paul and Ann to put in place their succession plans."

James Allen, Corporate Partner at Birketts, said: "MBOs have become a popular form of exit for many ownermanagers and large corporate entities over the years.

"It has been a pleasure to advise Paul and the team through the process and I believe that they now have a great opportunity to continue the success of this highly regarded executive search business. On behalf of everyone at Birketts we wish the MBO team every success in the future?

Payrolls, pensions, problems



On the trail with Goochie

BETWEEN September 17-29, a number of intrepid explorers joined cricket star Graham Gooch on his Coast to Coast challenge, a 193-mile trek through the Lake District, Pennine Hills and the North Yorkshire Moors.

Starting from St Bees in Cumbria and finishing in Robin Hood's Bay in North Yorkshire, the team undertook the challenge to raise funds for the Graham Gooch Scholarship and the Professional Cricketers Association Benevolent Fund.

Kevin Palmer, Partner at Birketts

Solicitors in Chelmsford joined the team for three days of the course.

" We completed the very challenging sections from Ennerdale Bridge to Rothwaite and Rothwaite to Grasmere in torrential rains and very strong winds courtesy of storm Ali.

"All in the party emerged largely unscathed despite much of the craggy paths turning into treacherous flowing streams."Our gallant leader Mr Gooch did take an unscheduled swim in Loft Beck when fording it but showed no ill effects."





Hannah Dumenil looks at the results of noncompliance with pensions and related issues

■ Payroll problems: retail busi- mention preventing any issues from nesses are the worst wage offend-

If you're in charge of your company's payroll, 1st April 2018 was a very important diary date. Not for playing April Fools' pranks, but for ensuring you were properly on track to implement the scheduled rise in the National Minimum Wage, together with a planned increase in Pensions Auto Enrolment contribu-

Unfortunately, many major businesses have hit the headlines in recent months for failing to make the appropriate employee payments. Cases have been numerous and substantial, and even include companies renowned for their employee care, such as John Lewis, whose recent minimum wage error led to annual partner underpayment over six years.

Meanwhile, Primark failed to pay over £230,000 to 9735 workers, Sports Direct underpaid 383 workers by over £167,000, and Debenhams recently had to repay £134,000 to more than half its shop workers.

As you may have noticed, the worst offending industries are retail, closely followed by hairdressing and hospitality.

■ Small mistakes add up

It's perhaps worth noting that in Debenhams' case, an accounting error had left each of the affected shop staff around £11 short in wages, which is a figure that could possibly go unnoticed without thorough checks and monitoring in place. In February 2018, Argos also admitted that they had failed to pay 37,000 of their staff an average of £64 each.

These cases surely highlight the need for intuitive payroll systems and staff that are able to keep up with wage changes, as well as capturing and rectifying mistakes before their effects are widely felt. Not to

escalating and making the national headlines.

■Pensions auto-enrolment: noncompliance can be costly

From April 2012, employers large and small have been enrolling their staff in mandatory company pension schemes. Contributions are made via payroll, with strict qualifications that relate to the National Minimum Wage - meaning it is even more vital to ensure your employees are paid the correct salary.

Again, it is very important to keep on top of your pension auto enrolment obligations before they escalate into uncontrollable issues, and possibly even a criminal conviction.

In February, The Pensions Regulator ordered a UK bus company, Oldham-based Stotts Tours, to pay over £60,000 for failing to comply with their auto enrolment obligations, plus £10,000 in backdated pension contributions and over £14,000 in civil fines.

■What you can do to ensure com-

There is a clear need for businesses to ensure pinpoint accuracy when it comes to payroll arrangements, with strict and regular monitoring in place.

Whether you employ just a few or thousands of staff, failure to comply with payment obligations could lead to heavy fines, criminal convictions and national media coverage - in addition to a seriously disgruntled workforce.

If your resources are limited, outsourcing your payroll obligations could be an ideal solution. Rickard Luckin offer a dedicated payroll service that takes account of all employer obligations, automatically ensuring legal compliance and protecting your company from regulatory breach.

'Essex is where my heart and home is'

Sabina Rooney of Birketts specialices in coporate transitional work for her job but what does she like doing in her spare time?

SABINA Rooney joined Birketts in September 2016 as a Trainee, and recently qualified as a Solicitor into the Corporate Team.

Sabina mainly assists in corporate transactional work, such as share acquisitions, but also has some experience assisting in corporate finance and general commercial

■What do you do to relax?

Watch TV, take long walks, sing,

■What's your favourite thing about Essex?

I was born in the village of Tiptree, raised in the town of Brentwood, and began my legal career in the city of Chelmsford. In short, Essex is home and where my heart is.

■Most listened to track on your

Perry Como - Magic Moments.

■ Name one thing on your "bucket

Publish a novel, or failing that, find time to read another one.

■ Name your three fantasy dinner guests

David Attenborough, Leonardo Favourite film? DiCaprio, Barney the Dinosaur

■ Favourite meal? Indian or Chinese.

■ Favourite TV show?

Charmed

Sabina Roonev

of Birketts

- Titanic.
- ■City centre or country escape? City centre.
- Early bird or night owl?

Night owl.

- Dancing or singing? Singing.
- ■Ballgown or dress down Friday?
- If you hadn't been a lawyer, you'd



THE average 15-24-year-old checks their social media 30 times a day and it's also leaving a dent in their wallets, a survey by Barclays has

More than half (51%) of young adults across the UK say they've bought items, gone on days out or visited places after seeing celebrities or influencers mentioning them on social media, spending an average of £398.76 per year. A similar proportion (52%) of young adults would like to see advice and support on how to save money on their news feeds, the survey found. Putting money into savings was



the most likely habit people would sacrifice to fund their social mediainspired spending - followed by eating out, socialising with friends, going out, saving for specific goals

such as a house, holidays and going to the gym.

Clare Francis, savings and investments director at Barclays, says: "It's easy to see why so many of us enjoy social media and, when you're stuck on your morning commute, it can certainly provide a welcome distraction.

"While it may seem important to have the latest must-have items now, think about whether they're worth the trade off with money you could be putting away for future goals, from going on holiday with your friends, to starting to build up that deposit for your first house."











LONGMORES Solicitors LLP

Tenants need not fear lease extensions

POLJA Atkins, Associate of the Chartered Institute of Legal Executives, from Longmores Solicitors LLP shares some advice for tenants considering a lease extension.

FREEHOLD blocks containing flats let on long leases have become a tradable commodity with commercial landlords seeking to profit the long leaseholders. When a lease term dwindles to around 60 or 70 years remaining, mortgage lenders no longer see it as good security and many refuse to lend to a prospective buver.

Moreover, when the lease term falls below 80 years, the price of a lease extension jumps significantly.

Almost all flat leases will need to be extended at some point. For a flat owner this can seem daunting. Lease extensions can be granted voluntarily by landlords but they often seek to impose unreasonable conditions such as higher premiums, continuing ground rents or less than the full 90-year extensions of the term to which leaseholders are entitled.

Having worked for a number of years for both landlords and one of the largest property management companies in the country, I have seen the frustration that tenants feel when trying to extend their leases or purchase the freehold of their block. . The legislation covering this aspect of property law is complicated.

The process of extending a lease commences with the tenant serving a notice of claim on the landlord. The legislation entitles the tenant to:

90 years in addition to the unexpired term of the existing lease:

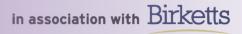
* their around rent to be reduced to zero: and.

* their extended lease to be on the same terms as the existing lease, subject to minor modifications and certain statutory exclusions and additions.

In return for that the tenant must pay a premium which is calculated under the legislation. The process may take 6-12 months, but the end result is a long lease with no ground rent, which is likely to increase the value of the flat.

* Polja is happy to speak at tenants' meetings if they wish to discuss either extending their leases or purchasing the freehold of their block. For any gueries please contact her at Longmores on 01992 300333.

* Please note the contents of this article are given for information only and must not be relied upon. Legal advice should always be sought in relation to specific circumstances.









County's airports take off with extra routes

By HUW WALES

huw.wales@reachplc.com @journohuwwales

WITH the future of Heathrow having finally been decided, eyes have now turned to regional airports and their plans for expansion.

When the government decided to push ahead with plans for the third runway at Heathrow, it also announced a green light for regional airports to make the best use of their existing capacity as they possibly could.

In the last few years, airports in Essex such as London Stansted and London Southend have both announced plans to expand and to have greater numbers of passengers coming through their airports.

Following the government's announcement in June to support Heathrow, London Stansted Airport welcomed it, saying that it would be a green light for its own plans to expand its passenger numbers to 43 million every year.

London Stansted has one of the most ambitious expansion plans out of airports in the country, planning to dispatch more long-haul flights to North America and Asia, while at the same time aiming for a significant increase in its passenger numbers.

In September, while speaking at the World Routes Conference in China, the chief executive of London Stansted Airport, Ken O'Toole, set



Southend Airport is aiming to fly 5 million passengers

out his vision for the future of Stan-

He said: "People from across the region, and businesses in particular, regularly tell us they want London Stansted to offer a network of longhaul routes that will connect them to their key countries, customers and markets.

"For example, we know that more than 400,000 people are currently travelling from the London Stansted catchment area to Hong Kong each

"Another ambition we have is to build a direct connection between the knowledge centres of the technology clusters of Silicon Fen and Silicon Valley - similar to what the flight between the airport and Boston is doing for the two areas of bioscience expertise.

"In the past year our aviation development team has made fantastic progress that has enabled us to secure six of the top ten most indemand routes including New York, Dubai, Boston, Washington and Tel

"Over the next decade, runway capacity in the south-east will be at a premium and Stansted will be responsible for delivering up to 50 per cent of London's expected passenger growth and make a greater contribution to improving the UK's connectivity with the rest of the world," he added.

The planning application to increase its passenger limit, and to build additional airport infrastructure, is still going through Uttlesford District Council (UDC), with a decision expected on whether it will be allowed to expand. While London Stansted hopes to expand further, London Southend is encouraging more people and companies to operate out of the airport as it closes in on its 5 million passenger limit.

The airport is in a different position than Stansted, because Southend Council owns the freehold of the airport, which has been leased since 1994 to London Southend Airport Company Limited, a subsidiary of the Stobart Group.

It reports to the council Airport Consultative Committee on a regular basis to make sure that its operations do not disturb nearby residents with limits on flight movements and

The 5 million passenger aim was helped by the decision by Ryanair in June to open a base at the airport.

Ryanair will be expecting to offer 55 weekly flights and deliver a million passengers annually through Southend.

At the time of the announcement, Warwick Brady, CEO of Stobart Group which owns London Southend, said: "We have a clear and focused strategy to grow our airport to welcome over 5 million passengers a year by 2022. This news will help us achieve that aim, and Ryanair will be a valuable partner to Stobart Group in developing London Southend Airport with 13 routes and six new destinations.



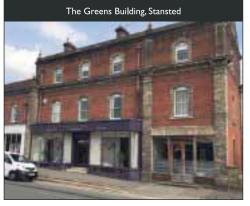
- INVESTMENTS
- VALUATIONS
- ACQUISITIONS
- LANDLORD AND TENANT
- PLANNING ADVICE
- DEVELOPMENT
- SALES AND LETTINGS
- BUILDING CONSULTANCY

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438 sq ft retail unit with good frontage onto South Street. Walking distance to station.



To Let

1,934 sq ft offices in High Street location. Character property.



656 sq ft ground floor retail unit in High Street location with additional basement area.



To Let

11,483 sq ft modern industrial unit. Good location for MII, AI20 and Stansted Airport.



To Let

Close to public car parking.



For Sale/To Let

estate. Can be split. Good parking.



To Let

2,164 sq ft retail unit in High Street location. 5,208 sq ft office over three floors on popular Approximately 1,454 sq ft self-contained office accommodation with parking. Rural location.



To Let

3,668 sq ft ground floor retail unit in High Street location. Suitable for a range of AI to A5 uses STPP.



To Let

625 sq ft newly refurbished office over two floors. Ample parking. Village location.



To Let

3,817 sq ft industrial unit on popular trade counter estate. Seven allocated car parking spaces.



To Let

2,128 sq ft open plan office over two floors. Rural location, ample parking.



To Let

Ground and second floor office suites from 80 sq ft (second floor can be let as a whole).



To Let

185 sq ft modern, self-contained office ideal for one or two people. Independent access.



To Let

350 sq ft self-contained office suite. Very close to local amenities and public car parking.



To Let

2,860 sq ft warehouse/storage unit. Rural location with yard and parking.

in association with Birketts





Digital agency wins award

FULL-SERVICE digital marketing agency based in Chelmsford has been 'Digital announced as Agency Of The Year Essex' in the UK Southern Business

Having already been nominated for a series of awards this year, including Search Agency Of The Year at this year's UK Agency Awards, Absolute Digital Media has continued to grow in order to produce award-winning campaigns for their clients.

While the firm is based in Essex and works with a number of local businesses in order to improve its online presence, its services also extend nationally and internationally as a result of its international office expansion to Vilnius, Lithuania, at the end of 2017.

Ben Austin, chief executive of Absolute Digital Media, said: "I am thrilled that the agency has been awarded this prestigious accolade. The award showcases our



landscape in Essex and shows how we are pushing to consistently provide our clients with successful campaigns across all industries.

"I am proud of the hard work the industry changes.

prominence in the digital marketing team have put into each and every one of our clients' campaigns, and of how they continue to develop their expertise in order to stay ahead of any Google algorithm update and

"This is yet another trophy to add to our cabinet this year, and we hope to add a few more before the year ends?

The awards, held by SME News, celebrate the work of small and

medium enterprises across a vast range of industries across the South East and South West of England.

The prestigious awards are judged by a panel of international, multilingual individuals from a variety of fields including business, media, journalism, history and European languages.

The awards are based on a series of votes gathered from a network of industry partners and rigorous inhouse research where each and every nomination is scrutinised and compared against competitors in order to ensure that only the most deserving SMEs are provided with an award win.

Absolute Digital Media's award win is based on the firm's commitment to innovation, performance over the past 12 months, methods and competition.

■For more information on the award and on the services provided by Absolute Digital Media, get in touch with Ben Austin on 01245

Charity Firewalk At Thremhall Park

Can you stand the heat?

If the answer is yes Accuro would like to hear from you! The Firewalk for Accuro event is on 8th November at Thremhall Park between 5 - 8pm. All participants must be over 18 and must book in advance. Our onsite Coffee Shop will be open until 8pm serving drinks and snacks. Natalie Emuss of Accuro says "This event is our first Firewalk for Accuro and we are so proud of everyone that has signed up to make a difference and raise much needed funds. We hope to raise £4,000 from the Firewalk event and welcome spectators to come and watch on the night."

Chair of Saffron Walden Round Table Guy Shackleton has signed up to the challenge to help raise funds for the local charity. Accuro provide a range of services to families with children and adults with a disability. These include respite care, leisure and social activities, support and advice. Entry is £50 and the suggested fundraising target is £100.

To register please contact Accuro on 01279 870297 or email fundraising@accuro.org.uk For more information on Thremhall Park and our business centres: Visit: mantlebusinesscentres.co.uk

Call: 01279 874300

Mail: hello@mantlebusinesscentres.co.uk



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